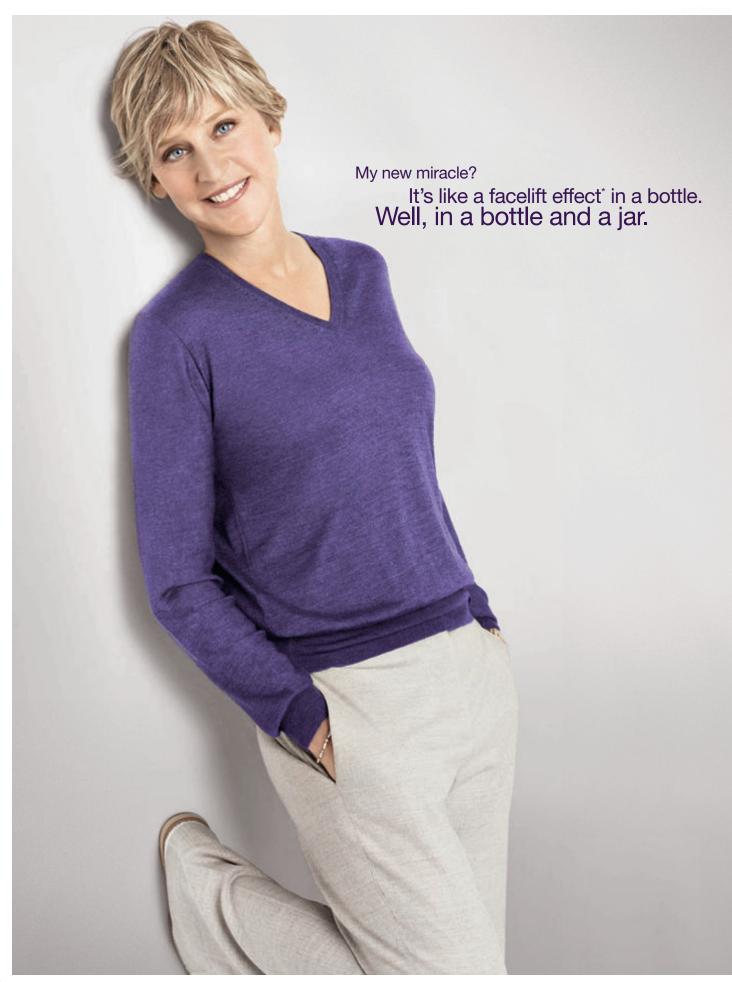


50 GIFTS UNDER \$50
PRETTY TREES AND TRIMS
EASY HOLIDAY ENTERTAINING
SECRETS TO A STRESS-FREE SEASON





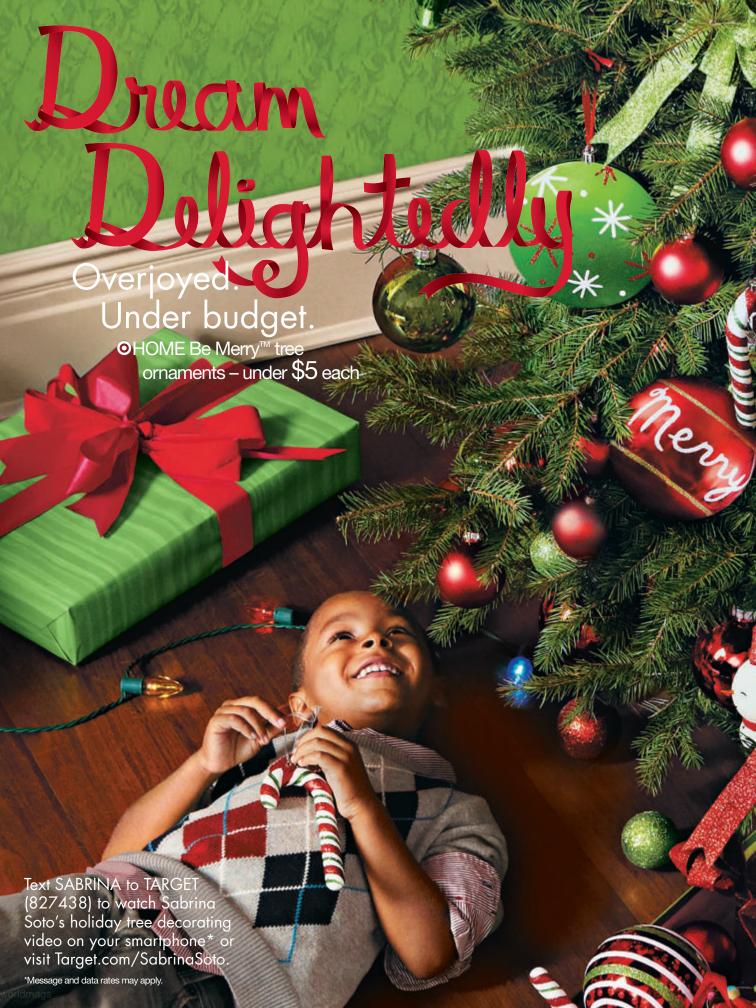
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LEICA DC LENS

# december



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# december

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... and everything nice to make this season extra sweet.



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Join our social networking site for moms of tweens and teens: momster.com

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I love the Olay line of products, and this one does exactly what it says it will do, and leaves my skin feeling soft and clean.

-Kathryn L., Dual Action Cleanser + Pore Scrub User



I need a product that will exfoliate gently and this one does.

-Doreen T., Dual Action Cleanser + Pore Scrub User



Based on a national study of 50,000 conducted by BrandSpark International. Some participants in the survey, including Olay, paid a nominal application fee for consideration of the award.

Consumer verbatim comments supplied by participants of the BrandSpark Better Homes and Gardens American Shopper Study.

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Olay came out the winner.



In an independent study presented by Better Homes and Gardens, Olay was voted best across facial cleansing and anti-aging categories by thousands.\* We're confident you're going to agree. Become a fan at www.facebook.com/Olay.

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\*Based on a national study among 50,000 conducted by BrandSpark International. Some participants in the survey, including Olay, paid a nominal application fee for consideration for the award. For more information, visit www.BestNewProductAwards.biz.



## from the editor



#### **Kraft Huddle to Fight Hunger Program**

"Join Kraft Foods this holiday season in its campaign against hunger. Visit Huddle ToFightHunger.com to find out how you can help Kraft reach its goal—by tweeting, texting, redeeming a coupon—of providing 20 million meals to families in need.

There's a lot to celebrate in this issue: beautiful holiday decorating ideas, a truly easy party menu and my favorite feature, 50 Gifts Under \$50 (page 85). I can't think of anyone who isn't trying to maximize the joy and minimize the spending this season, and this story will certainly help you accomplish that. I intend to mine that article, along with our outstanding 2010 Tech Hot List (page 25), for ideas. But because there can never be too many present suggestions—especially for picky tweens and teens—I asked FC staffers for their input as well. Check out what they intend to give the kids in their lives, plus what they'd love to receive themselves.



Linda Fears, Editor in Chief linda@familycircle.com



»»» I like to choose toys for my niece and nephew that spur their creativity or teach them something. That's why I'm getting my nephew a 4D human head anatomy model and my niece a perfume science kit. While I'd like an iPad, I'd settle for a date with the model in our fashion story! —Karmen



"" I'm planning on buying the Hunger Games book trilogy for my niece. She's 11 and hasn't yet figured out how much fun reading can be—I'm hoping these books will convince her! (Which makes it a gift of sorts for her mom too!) The "Martha" necklace from J. Crew—so pretty!—is my most-wanted item. —Cindy



»»» Both my boys want Nike ID custom sneakers. You can select style, color, design and even have your name put on them. And since they're only available online, I have no reason not to cyber shop—doubly cool! As for me, I'd like a zip-around wallet. Things are always hanging out of the overstuffed one I use now. —Lisa M.



»»» My 12-year-old son is a video buff, which makes a Flip camera a top pick for him. And I've told my husband that this year I'd like him to shop Etsy. While anything handmade and unique will be perfect, I've had my eye on the Extra Long Reversible Gloves by Hannahsas (hint, hint). —Lisa K.



"" I'm bequeathing my beloved
Barbie doll's clothing to my daughter.
I love the idea of sharing an important
part of my childhood with her. In lieu
of actual presents, my husband and I
gift ourselves together time. We take
a day off and treat each other to a quiet
lunch, a massage and even a movie if
time permits. —Darcy



»»» My 9-year-old worships my niece, who just started college. To help her keep in touch, I'm buying her a Polaroid PoGo Instant Digital Camera. It has its own printer so you can shoot and print out 2" x 3" color images in under a minute. Me, I'd love a Wii so I can make good on my resolution to have an indoor winter workout routine. —Paula



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OVER 50 VARIETIES: CHAI Ø CLASSICS Ø COLD BREWED ICED TEA Ø GREEN Ø HERBAL Ø ORIGINS Ø PREMIUM BLACK

#### **contributors**



sandra lee

"No matter what else is going on in my life, I always feel soothed and secure when I sit down to a hot supper at home," says the host of Food Network's Semi-Homemade Cooking and Sandra's Money-Saving Meals. Find four of our favorite dinner recipes from her latest cookbook in "We ♥ Chicken," page 181.



duisterhof

Photographing "Festival of Brights," page 44, inspired Miki to keep her decor simple this season. "There's no need to overdo-colorful candles and garland create a holiday atmosphere instantly," she says. "But our tree will still get special treatment, with a mix of vintage ornaments and ones handmade by the kids."



gay norton edelman

This Family Circle senior editor celebrates Christmas, Hanukkah and two family birthdays in December. "Partying all month long can be exhausting," admits Gay, who wrote "Joy To Your World," page 98. "My solution is to stay extremely organized with a daily to-do list, and allow plenty of opportunities for relaxation."

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# feedback



#### **Family Matters**

My husband and I enjoyed "Dazed and Confused" [September] by Steve Tuttle. What an excellent essay, full of hope, fear and tears. He should definitely write a book—we'd read it. Lisa Fleming, NAPLES, FL

#### lt's a Hit

I just bought the October 17 Family Circle and every story, from cover to cover, was amazing.
I folded down more than half of the pages so I can refer to them again.
I loved the interesting variety of articles, new recipes and health information for my whole family.
I can't wait for the next issue!
Catherine Wagner, NANAIMO, BC

#### **Talking Points**

The recent three-part series on bullying in your September and October 1 and 17 issues was wonderful. I'm involved with a bullying support group in middle schools in my area and your articles will be very helpful. Thank you for your support with this challenging issue. *Julie Lochridge*, CHAPEL HILL, NC

Visit familycircle.com/bullying if you missed our special reports.

#### The Top Picks

As the mother of two boys, I'm always looking for the best possible snack options. Thanks for "50 Healthy Snacks" [October 17]. The choices are nutritious, and I know my kids will enjoy them. What more could I ask for? *Allison Flatt, Surrey, BC* 

#### FACEBOOK POST OF THE MONTH

"I love love love the pizza recipes! Already made the margherita one! Awesome!"

—Leah Coppo

Visit familycircle.com/pizza for our delicious recipes.

#### online this month

- >> It's the time of year to be jolly not stressed. Find smart time- and money-saving strategies at familycircle.com/holidaysavings
- >> Wow your party guests with fantastic finger foods. See our easy and delicious recipes at familycircle.com/appetizers
- >> Get ready to indulge! Check out our lighter holiday desserts at familycircle.com/healthierdesserts

#### familycircle.com

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## Raising the Bar

A jigger of this, a splash of that, with a twist or a cherry—the classic cocktail is a beautiful thing, but it's facing stiff competition from artisanal drinks. Visually stunning and astonishingly tasty, they combine premium spirits with seasonal fruits, herbs and other just-picked ingredients. Mixologists are even whipping up martinis, margaritas and more with flowers, nuts, bacon and caviar. "The perfect cocktail not only pleases the palate, but looks like a work of art," says Jonathan Pogash, who creates signature drinks for restaurants across the country. "And don't be afraid to make one at home. If you think certain flavor combos work well in food, chances are they will in a glass."

# INNER CIRCLE

A roundup of smart talk, hot trends and favorite finds



The secret ingredient? Wild hibiscus.

>> To get shaking and stirring, check out these cocktail recipes at familycircle.com/cocktails

SPICED HOT

Maple syrup

makes it sweet.

APPLE TODDY



a. 1959 b. 1962

c. 1965 d. 1969

Answer: c

BRANCHING

Remember the first time you watched Charlie Brown figure out the true meaning of Christmas?
Only the hard-hearted can see the story unfold without being touched by his defense of that scrawny tree. Now you can have a spot-on replica, replete with a single ornament, for, well, peanuts.

Tree, target.com, \$15

CRANBERRY SPICE CHAMPAGNE Fruity, with a hint of pumpkin.



#### **QUESTIONS & ANSWERS**

#### From Eco to Slo-Mo

Environmentalist Laurie
David, producer of the
award-winning documentary
An Inconvenient Truth, has
a new mission—protecting
that endangered ritual
known as the family dinner.

What converted you to the cause? I was sitting in the kitchen with my two teen daughters one night, after my divorce [from Curb Your Enthusiasm's Larry David]. Dessert was long gone, but there we were, talking on and on about politics, school, mean girls. In my mind I floated above the table, looked down and thought, "OMG, I've actually done something right as a parent!" It was an epiphany. And a new tradition was born... Reborn, actually. We had sit-down suppers when I was kid, but I barely remember one that didn't end with someone crying. I was determined to make it a sacred, stress-free time for my family and started doing that early on. When I got involved with global warming, it was the first thing to go, but we eventually got back on track. Even now Larry comes over about once a week. I credit the ritual with keeping us connected through good times and bad. That's what all the experts say. I didn't know about the research until I started writing my book, The Family Dinner: Great Ways to Connect with Your Kids, One Meal at a Time (Grand Central Life & Style). I was floored to learn that children who eat with their families are less likely to abuse drugs and more likely to get A's and B's, and have better relationships. It makes sense. If we don't sit at the table together, what else are we doing at the same time, other than sleeping? Any advice for working moms? It's not about food, it's about bonding with your kids. Forget the roast and three sides—cook breakfast for dinner! Make extra so you'll have leftovers. Order in. At our house, if it's Sunday it must be Chinese takeout. And yes, we eat right out of the cartons.

# FOR MORE READERS WHO TOOK ON GRAVITY WITH GARNIER, SEEING IS BELIEVING.



# CLINICALLY PROVEN RESULTS:

83% OF WOMEN FELT SKIN WAS SMOOTHER. MORE HYDRATED. \*

82% OF WOMEN SHOWED DEEP WRINKLE REDUCTION.\*\*

840/0 OF WOMEN LOOKED YEARS YOUNGER.+

- \*Developed by Garnier and approved by Dermatologist Dr. Diane Madfes, MD., Garnier Dermatologist Consultant.
- \*\*Based on a four-week product trial with the More Reader Panel.
- †Based on a consumer-perception test after 8 weeks of use

††Based on a clinical test after 8 weeks of use

# MORE READERS SAY:\*\*

"NOTHING I'VE EVER USED PRIOR HAS SHOWN QUITE AS DRAMATIC RESULTS. IT DID EVERYTHING IT PROMISED TO DO." — Marie, CO

"I FOUND IT TO BE FAR SUPERIOR TO EVEN EXPENSIVE SKINCARE PRODUCTS I HAVE USED."— Carol, AL

"I FEEL, AND I'VE BEEN TOLD, THAT I LOOK 10 YEARS YOUNGER. I'LL USE THIS PRODUCT FROM NOW ON." — Marci, CO

"I HAVE NEVER FOUND A PRODUCT THAT ACTUALLY TIGHTENED MY SKIN LIKE THIS ONE DID." — Diana. NV







## **CAUSING** A STIR

Not that we need another excuse to FOOD FACT indulge, but December 16 is National Chocolate-Covered Anything Day. We'll take a pass on the extreme stuff (chococoated bacon, pickles, even crispy ramen noodles), and celebrate instead with these dunking sticks from Belgium's Chocolate Source. Dip in hot milk, stir andpresto!--you've got one decadent cup of cocoa. Chocolatesource.com, \$2 a pop



## Scarlet *Fever*

What do women really want? A man in red, apparently. In a recent study, women who looked at photos of guys wearing various colors rated those in red as more powerful, more likely to earn money and more sexually desirable. "It's an instinctive, biological attraction—think of the male cardinal strutting his stuff," says University of Rochester psychologist Andrew Elliot. "For females, red signifies power and status, which is why it's an aphrodisiac." Does that explain mommy kissing Santa Claus?



more than

green tea.

#### **HOUSE PROUD**

Ladies, start your ovens. The annual Gingerbread House Competition in Asheville, North Carolina, is one serious bake-off, with hundreds of entrants vying to create the best edible edifice. Construction is done at home, so it can be tricky transporting the goods (there's a triage area for quick repairs). Last year top honors went to a 24-inch-tall birdcage by Jodie Stowe, 33, of Polkville, North Carolina. She and her husband, Marc, used the \$3,000 prize to adopt a daughter from China. Sweet.



The estimated number of Americans who have Amazon Kindles (after this Christmas, that is). By 2015 about 30 million of us will own an e-reader device. Source: Forrester Research

### MULTIPLE CHOICE

Just in time to kick off Hanukkah on December 1, gourmet finds from companies with chutzpah.



- → Chozen, a tempting new line of all-natural ice cream, certified kosher and made with locally sourced dairy. Flavors include Matzoh Crunch, Apples & Honey, Coconut Macaroon and, festive for the holiday, Guilt, a dreamy milk chocolate with flecks of edible gold. Chozen.com, \$7
- → From He'brew Beer, Vertical Jewbelation, a holiday gift set featuring eight varieties of The Chosen Beer, a pint glass, yarmulke, candles and a menorah manual. Shmaltz.com, \$35



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#### 1) POWER GIG: RISE OF THE SIX STRING

When our teen son walks in on Guitar Hero in progress, it's Game Over for the adults—Cole is the master. He's also pretty good with a real instrument, when he practices. All hail Power Gig: Rise of the Six String, a game with a strummer that connects wirelessly to an Xbox 360 or Sony PS3 console but also doubles as a fully functional guitar. When he's not earning bonus points shredding Kid Rock's "All Summer Long," he can plug it into an amp to jam with his friends. Music to our ears (well, sort of, anyway). Powergig .com, \$60 (game only), \$180 (game plus guitar), \$230 (game, guitar, drum kit and accessories)

#### 2) DUAL CAMERA XACTI, MODEL VPC-CA102YL

Our kid-video archive includes first steps and Halloween costumes from princess to zombie, but nothing that didn't occur in a totally dry environment. If we'd had the Sanyo Dual Camera Xacti, footage from the ski trip where our daughter screamed her way down a hill citing imagined child cruelty laws and our son's first perfect flip-turn in the pool, among other things, could be poised to go viral on YouTube. This pocket-size camera combo captures 1920 x 1080 full-HD video and 14megapixel stills at the touch of a button and is waterproof to 10 feet. Us.sanyo.com, \$350

#### 3) EGO COMPACT PORTABLE HARD DRIVE

Every year we end up buying the kids at least one USB key drive because they have to work on different computers at school and at home. Now we have a drawer full of these, crammed with old essays and projects. Would that it all were on one drive—our kids would each have a complete digital record of their school experience (and we'd have less clutter). That's why we like the eGo portable drive—with capacities of 320 gigabytes (GB) to 1 terabyte (TB), it holds more data than most typical computers. File space would cease to be an issue, and we could finally stop shelling out cash for individual drives. Go.iomega.com, from \$80



#### 4) IFROGZ NERVEPIPES

Both our kids are major music fans, but never of the same singers. Nothing starts a fight faster than one—or both—cranking the volume and setting a favorite tune to loop infinitely. We have better things to do than break up another Kelly Clarkson versus Black Eyed Peas slugfest, so we're designing them custom NervePipes headphones online. These over-the-head phones sound amazing, sit on the ears rather than in them and fold up to stash in a backpack. For ourselves, we're jonesing for the EarPollution CS40, which has a supercomfy ear cushion. Maybe next time a war breaks out, we'll be so engrossed in our oldies we won't notice. ifrogz.com, \$35 to \$40

#### 5) ROKU XDS

We don't subscribe to cable TV anymore because almost all of our entertainment is beamed over the Internet to our Roku media player, through Netflix, Amazon or one of the dozens of Roku channels like Kung Fu Theater or Major League Baseball. The XDS streams fullhigh-definition (1080p) movies and shows to our HDTV and plays home movies or music stored on a USB key drive. A nifty new remote offers "instant replay" that can rewind the last 10 seconds, as well as a button that displays program info without interrupting our show. The biggest problem? Keeping our teenage son from bankrupting us by ordering endless episodes of 30 Rock at \$2 apiece from Amazon. Roku.com, \$100

#### 6) **SONOS S5**

We've been fighting over music for more than a decade: She wanted tunes in the bedroom (where she likes to relax) and the kitchen (where she cooks). He wanted a tricked-out system in the living room for entertaining. Since he is the audio/visual department in our family, she never got her way. But then he bought her the Sonos S5. In a word: harmony. It does everything she wants and fits on the bedside table or counter. We plugged it into an outlet and our Wi-Fi router, and installed the software on a laptop. It found the songs on every computer in the house, asked for log-ins to our subscription services (Sirius Satellite Radio, Pandora and Napster) and was operational in minutes. Then he gave her the \$100 ZoneBridge add-on. It plugged into the router and the S5 became a portable unit. The S5 still taps all our music, but wirelessly, so

we can carry it around easily. And the alarms—and sleep timer—are heaven. Every morning the S5 wakes us with an hour-long selection from a playlist that spans decades and genres. On weekends it lets us sleep late. And we can control the selections and volume from anywhere in the house using a laptop, iPhone or iPad app, or a dedicated Sonos controller (\$349). Sonos.com, \$400

#### 7) VIRGIN MOBILE SAMSUNG INTERCEPT

Our son has been insisting his social life will wither if he doesn't get a data phone fast-preferably one running Android. We aren't fool enough to fall for that, nor do we plan to pay \$40 a month and sign a two-year contract for a kid who has already put two phones through the laundry. But we do have a solution: the Samsung Intercept, the first Droid phone to work with Virgin Mobile's prepaid service. It has a slide-out QWERTY keyboard and a touch screen. And at \$249 (or about 11 mowed lawns), he could buy it himself. Or maybe, just maybe, we'll get it for him for Christmas. Best of all, Virgin Mobile's cheapest Beyond Talk plan is \$25 a month for unlimited data, texting and e-mail (with 300 voice minutes), and there's no commitment. So if he washes his phone again, we can just stop paying the monthly fee. Virginmobileusa.com, \$249

#### 8) TIMELINEX

Being a working mother of teens and tweens is a lot like running a business where the employees are doing everything possible to avoid hard labor, except without the cushy office and salary. That's why netbook computers have been a huge hit with this crowd, even though most units are too small and weak to be a serious minivan warrior's main machine. Acer's 11.6-inch TimelineX is a prime example of how that's changing: It's fast and powerful, yet the 3-pound machine is small enough to go anywhere. Included is Intel's newest and fastest processor (the i7), 4 GB of RAM, and enough storage to hold everything from photos and kids' art to presentations and spreadsheets. If you want to watch movies and don't mind a slightly larger netbook, you might want to move up to a 14-inch screen (price depending on specs). Don't need that much speed? Save some dinero and get the i3 model (\$599). Acer.com. \$900



### Enjoy 1,000,000 frequent flyer miles.



Reusable power can be recharged up to 250 more times: So keep loopty-looping. *Keep Going*\*

now that's positivenergy.







#### 9) **POWERMAT 3X**

If we had a dollar for every time we've heard "I can't find the charger for my cell phone/Gameboy/iPod" we'd be happily contemplating early retirement. No such luck, but thanks to the Powermat wireless charger, our kids whine less. We just plug the mat into an outlet, connect a 2-inch-square "powercube" receiver to the gadget that needs power and lay it flat on the mat. The Powermat 3X can juice three devices simultaneously and comes with assorted tips that connect the powercube to products from Apple, LG, Nintendo, Samsung and Sony, as well as anything using micro or mini USB chargers. The best part? We can collect the kids' cell phones at bedtime, place them on the mat and find them fully charged the next morning. (This move also prevents texting during the wee hours when sleep is the priority.) Powermat.com, \$100

#### 10) DELL INSPIRON ZINO HD

When our teen son and his tween sister finally head off to college, we hope to send them with something as cool as the Zino. This colorful 8-inch cube fits neatly into tight spaces and tight budgets. But the Zino HD also makes for a whisper-quiet home entertainment PC. Just plug it into your LCD TV, connect the sound and use the optional wireless mouse and keyboard to dial up Hulu or Netflix (or your e-mail) from the couch. A fully loaded version with a Blu Ray disc player, Windows 7 Professional, and a massive 1-terabyte hard drive costs \$800, but a budget model—perfect for a dorm room goes for hundreds less. Dell.com, \$300 to \$800

#### 11) TOSHIBA 32CV100 LCD/DVD TV

When the kids have taken over the family room, we sneak off to our bedroom to watch a movie in peace. That's why the Toshiba LCD/DVD combo is so handy. By combining a DVD player and flat panel HDTV in one device, the Toshiba 32CV100 fits into a small space without cluttering it with wires. The 32-inch model works nicely at the foot of the bed; it's also available in 19-, 22- and

26-inch versions perfect for a den, home office or kitchen. The model automatically converts DVDs to its native 720p HD format, while a USB port on the side lets us display photos or play MP3s. It's almost like a two-hour vacation from parenthood. Toshiba.com, \$300 (19 inches) to \$520 (32 inches)

#### 12) DOXIE SCANNER

Once upon a time, our house was littered with papers. Then we got a scanner and shredder and could see the counters again. Now we go one better, by sending a digital copy of any "keepers" to the free online document storage site Evernote.com or a computer. Whenever we come across a recipe, receipt, business card or piece of key correspondence, we feed it to Doxie, hit the Heart button and promptly get asked where to stash or share it: Google Docs, Flickr, Picnik, Evernote or a program on the laptop. It weighs only 10.9 ounces, is about the size of an empty paper-towel roll and connects with just one cord. Take that, annoying, ever-multiplying piles of random papers. Getdoxie.com, \$149

#### 13) CREATE CAMERAS

Little black dress? Check. Statement earrings? Check. Sexv heels that look like they cost and arm and a leg but didn't? Check. Bulky camera with thick neck strap? Umm, hold on a sec. Sometimes when the goal is to capture a special event on film, you want a cam that complements your outfit. That's exactly the thought process behind these simple, compact, colorful cameras. A collaboration between GE and fashion superstar Jason Wu, the Create cam is so easy to use that snapping pictures or shooting video clips when your mind is on dance steps-not white balanceis a breeze. Hit one button to review your images instantly while still partying. Later, just plug the camera into the USB port (using the pop-out plug) to upload your shots quickly and without fuss. Generous internal memory holds thousands of photos so you never have to bother messing with memory cards, a gift in itself. General-imaging.com/us, from \$180 •



LINEMAN HITS THE SHEETS.

Vicks NyQuil. The nighttime, sniffling, sneezing, coughing, aching, fever, best sleep you ever got with a cold...medicine.









Yes, you've hung ornaments and strung lights on the big fir in the living room. To deck your other halls, try a simple grouping of mini trees on a table or mantel. Requiring zero effort, these Scandinavian-inspired poplar wood beauties are an easy way to quickly spruce up a kid's room, kitchen or anywhere else you may need a little Christmas. Alpine trees, containerstore.com, extra small (\$3), small (\$5), medium (\$12). Walnut and stainless steel Frame side table, crateandbarrel.com, \$299.

PHOTOGRAPHY BY PETER ARDITO familycircle.com DEC 2010 31

#### **→ BY KATE DOHERTY**



#### **WRAP STAR**

Who better to
dish about gift
presentation than
Alton DuLaney,
director of creative
services for
Kate's Paperie—
he won first prize
in Scotch-Brand's
Most Gifted
Wrapper Contest
last year.
His fun tips
for packaging
like a pro:

#### → TRICK THEM!

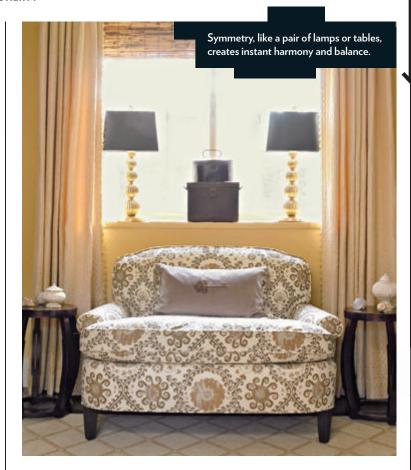
When the shape gives away the surprise, wrap the accessory rather than the actual present, like a golf ball instead of the new clubs, the leash instead of the puppy or a helmet instead of the bike.

#### → KEEP THEM GUESSING!

When giving a small gift, put the box inside a medium box and then that inside a larger box, creating a Russian nesting doll effect.

#### → MAKE THEM WORK!

Set up a scavenger hunt by including in each present a riddle that leads to the location of the next one.



# PRO pointers



In *The Soul of a House* (Rizzoli), decorator (and mom of two boys) **Chris Madden** opens the doors to her own home. She shares easy tips for creating warmth.

BIOLOGY LESSON → A successful room incorporates all five senses. Get the look with a textured throw, scented candle, good music, pretty art and a cup of delicious hot chocolate or tea.

WORK IN PROGRESS → As your family grows and evolves, freshen up your decor

with personal touches and perhaps a new piece of furniture to suit your needs.

GREENHOUSE EFFECT → To beat the dreaded winter doldrums, bring in a potted plant, like an orchid (Madden's favorite) or holly. It'll instantly add cheer and vitality to any spot.

#### AROMA Therapy

Amp up the season with some evergreen-scented extras.



Keep this pretty jar once the candle flames out. Limited edition

balsam jar, illumecandles.com, \$30



Hang these fragrant sticks from a tree to boost its smell. ScentSicles, scentsicles.com, \$7/6

.....

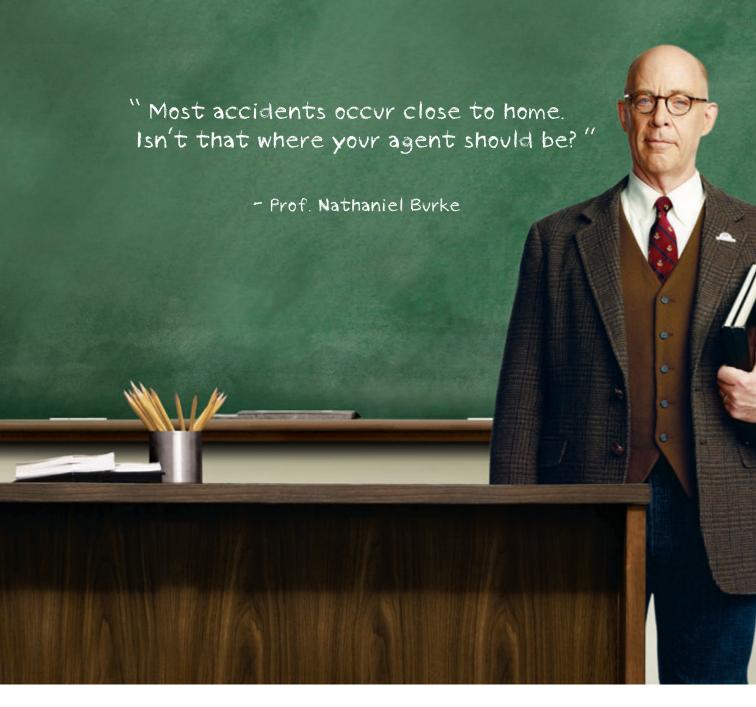


Give your kitchen a lovely hint of balsam. Countertop cleaner, caldrea.com, \$9



Greet 2011 with the **Eco Calendar**, made from recycled paper embedded with wildflower seeds. As each month ends, simply plant the page in a pot and place on a sunny windowsill. Tin eco calendar, botanicalpaperworks.com, \$20

32 DEC 2010 familycircle.com



Unlike many insurance companies, Farmers Insurance prides itself on providing our customers with personal support from agents living near you. The University of Farmers—an esteemed insurance education institution—takes the best agents from your area and trains them to be even better. When they're ready, we send them back to your community to start serving you. For more information on our venerable institution, head to universityoffarmers.com.



Auto | Home | Life | Business



Cue the elves. It's time to set the scene with these fanciful felt stockings, ornaments and more.







# Thank you Curél

for stopping at nothing to stop my itchy skin.





Your search for itchy, dry skin relief ends here.

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# Try a spoonful of something you never thought possible.

Truvía<sup>™</sup> natural sweetener is born from the stevia leaf with great taste, zero calories and no guilt. It's perfectly wonderful on cereal, in lattes and on your conscience. Enjoy a morning ritual that makes you feel good again. Find Truvía<sup>™</sup> spoonable at your grocery store. Find out more at truvia.com/recipes



Add a little surface appeal by swapping out your framed art for some seasonal accents.

















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\*Kleenex® Lotion, Ultra and Regular tissue softness compared to national brand regular tissues.



# • • • • • • • DOOR PRIZE

A striped wreath lends a jolly vibe to interior doors—and will last from year to year.

HERE'S HOW → Cut strips of different colors of felt in varying, random widths.

Our widest strip is about 1". Mixing colors, wrap strips around a styrofoam wreath form, each piece overlapping the previous slightly, pinning or gluing to the back of the styrofoam as you go. Decorate with a felt poinsettia (following our instructions for "Wall Flowers," page 40), if desired.

# A nontraditional color palette (see you later, red and green) gives these goodies a modern spin.

# • • • • • • • PINE ART

Set cozy pinecones atop each place setting for a dash of woodland whimsy.

HERE'S HOW → Using pinecone petals template, cut out shapes, piercing the center of each petal with sharp scissors. Slide petals over a kitchen dowel, alternating sizes and placement. When finished, cut excess dowel with scissors. To create a stem, glue a strip of felt to bottom. For further instructions, see page 198.

#### FamilyCircle.com

To download templates and see detailed instructions (plus photos!), go to familycircle .com/holidaycrafts







New Sugar & Spice flavor. It's everything nice about the holidays.









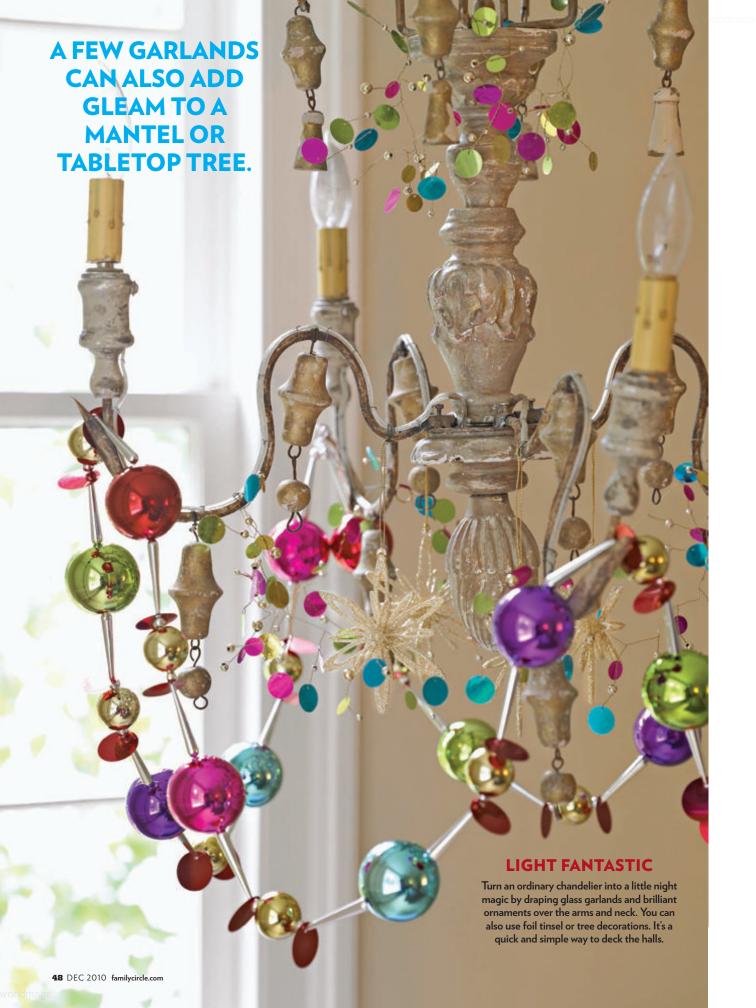




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If it fits, it ships®\* anywhere in the country for a low Flat Rate.

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RULETHEAIR

# COUNTDOWNTOCHRISTMAS

25

FUN, FESTIVE WAYS TO SPREAD CHEER ALL THROUGH THE HOUSE

#### LET IT SNOW

Talk about reinterpreting the classics—these paper snowflakes take on a modern vibe in cool color combos. Try pale blue and brown, red and orange, any shade that strikes your fancy. Use thin paper and fine-tipped scissors for best results. Forgot how to make flakes? For folding techniques or cutting inspiration, visit instructables.com. Fiskars micro-tip scissors, available at craft stores



#### LIKUT K DKII

HAVE A BALL Turn ornaments into keepsakes by embellishing them with rub-ons, stickers, ribbon, colored tape or bits of greenery and glue. Noel Collection "Joy" rub-on, makingmemories.com; other stickers and embellishments, available at craft stores CRAFTS BY SUZONNE STERLING RECIPES BY CINDY HELLER



circle with a circle punch, then attach to the lid.

Glue a magnet to the back of each tin and

arrange in a tree shape on the fridge. 2-inch

circle punch, Fiskars scissors and favor tins,

available at craft stores

global network

Shake up your celebration by including holiday traditions from other cultures.
Here's a sampling of possibilities:

#### CHINA

Make red paper chains—they symbolize happiness.

#### FINLAND

Fill the bird feeders before sitting down to Christmas dinner.

#### FRANCE

Instead of stuffing stockings, leave your shoes by the fireplace so Père Noël can fill them with gifts.

#### MEXICO

Decorate with lilies and evergreens, and serve tamales.

#### THE NETHERLANDS

With every gift you give, include a rhyming note about the recipient.

YULE-TIED Door decor for the time-challenged—insert a screw eye into the base of each pinecone and twist until tight. For 8 pinecones, cut 4 lengths of ribbon (3 of equal length and one slightly shorter). Thread each end of each ribbon through the screw eye on a pinecone and knot. To finish, knot a short piece of ribbon around each screw eye and cut ends. Gather ribbons together and tie with another piece of ribbon. Hang on a nail or hook.



# TWO WEEKS TO HEALTHIER GUMS.



Help reverse gingivitis in as little as two weeks.

Simply use Oral-B Glide Pro-Health Clinical Protection Floss as part of your complete dental routine.



**EGGNOG MOUSSE** 

MAKES 6 servings PREP 15 minutes COOK 7 minutes CHILL 2½ hours

- 2 tablespoons plus 2 teaspoons powdered egg whites (equal to 4 egg whites)
- 4 large egg yolks
- ½ cup plus 2 tablespoons sugar
- 1 cup heavy cream
- 1/4 cup (1/2 stick) unsalted butter, cut up
- 2 tablespoons dark rum
- 2 tablespoons brandy
- ¾ teaspoon cinnamon
- ½ teaspoon nutmeg plus additional for garnish
- 1/8 teaspoon ground cloves
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- In large bowl, mix powdered egg whites and ½ cup warm water; let stand.
- 2. In large metal bowl, combine yolks, ¼ cup each of the sugar and the cream and the butter. Place bowl in saucepan of simmering water. Cook, stirring constantly, until temperature reaches 160° on an instant-read thermometer, about 4 to 7 minutes. Remove bowl from pan.
- 3. Beat remaining ¾ cup cream with ¼ cup sugar, rum, brandy, cinnamon, nutmeg, cloves and vanilla until stiff peaks form. Fold into egg yolk mixture.
- 4. Beat reconstituted powdered whites until frothy. Gradually beat in remaining 2 tablespoons sugar and cream of tartar until stiff, moist peaks form. Fold ¼ of the beaten whites into egg yolk mixture. Fold in remaining whites. Refrigerate, covered, until mixture just begins to mound when spooned, 1½ hours. Spoon into six 8-ounce serving glasses; cover and refrigerate at least 1 hour, until set. Garnish with nutmeg.





#### TABLE MANNER

How-to for a no-fail centerpiece arrange pinecones or sprigs of greenery in a pretty white dish.



#### LET IT GLOW

Get the look of designer candles at a budget-friendly price by covering plain glass votives, candle holders or even straight-sided drinking glasses with glittered scrapbook paper. If you like, decorate the edges of the paper using a paper edge punch. Attach to the glass using double-side tape. Sugar-coated 12 x 12-inch scrapbook paper, papersource.com; edge and snowflake punches, Martha Stewart Crafts, michaels.com for info



#### holiday pantry

Keep staples on hand during the season to make quick, yummy bites for unexpected guests.

#### MARINATED BOCCONCINI

- \* wrap with salami
- \* skewer with cherry tomatoes
- \* stir into warm pasta

#### FROZEN SHRIMP

- \* marinate, skewer, then grill
- \* poach and serve with dipping sauces

#### SPREADABLE CHEESES

- \* fill cherry tomatoes
- \* stuff chicken breasts

#### **OLIVE TAPENADES**

- \* serve with grilled bread
- \* top grilled fish
- \* spread on crackers

#### PARMESAN & SALAMI

- \* antipasto platter
- \* make mini sandwiches

#### BAGUETTES

- \* crostini
- \* cheese platters
  - \* croutons

#### SOUND OF MUSIC

Use CD label software to create a family photo label for a disc of holiday songs. Include a play list (download ours at familycircle.com/ christmascountdown) and embellish the cover with patterned papers or recycled holiday cards. Diagonal folder enclosure card, paper-source .com; CD label software, surething.com



#### **BACON-WRAPPED DATES** WITH GOAT CHEESE

MAKES 30 dates PREP 15 minutes BAKE at 350° for 27 minutes

- 1 package (8 ounces) bacon 30 pitted dates
- 3 tablespoons goat cheese
- 1. Heat oven to 350°. Line a large rimmed baking sheet with nonstick aluminum foil; set aside.
- 2. Cut bacon slices into thirds. Using a knife, split open date on one side from top to bottom. Fill with about ¼ teaspoon goat cheese. Wrap date with 1/3 slice of bacon and secure with a toothpick.
- 3. Place bacon-wrapped dates on prepared baking sheet and bake at 350° for 27 minutes or until browned and crisp. Serve immediately.



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# can't breathe" is simple.





noses quickly and safely. Simply Saline®. In a soft, soothing, drug free mist.

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**GLAD HANDS** Forget stocking stuffers. These mittens filled with treats are charming beyond words. Thread a piece of ribbon through the top of each mitten to hang. Mittens, Sonya Leingang, yarnya.etsy.com

14

#### HOLDING POWER

A neat trick for the buffet table—corral flatware and napkins together in decorative envelopes. Print the downloadable template (familycircle.com/christmascountdown) onto an envelope and cut off the top so that it measures 6 inches high. Trim the edge with mini pinking paper edgers. #10 Luxe Fino White open-end envelopes, paper-source.com; mini pinking paper edgers, available at craft stores



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Enjoy the warm glow of a lovely fire with the new Febreze® Home Collection Wooden Wick Candles.

Burns for up to 80 hours.

WoodWick ambiance



Photos (both pages): (stills) Peter Ardito; (recipe) Kana Okada Food styling: Sara Neumeier. Prop styling: Christina Lane.



#### GINGERBREAD WAFFLES

MAKES 10 waffles PREP 15 minutes COOK 2 minutes

- 1 cup all-purpose flour
- cup whole-wheat flour
- teaspoons baking powder
- teaspoons ground ginger
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 3 eggs
- ¼ cup dark-brown sugar
- 1¾ cups buttermilk
- ½ cup (1 stick) unsalted butter, melted
- ½ cup molasses Maple syrup (optional) Fruit salad (optional)

- 1. In a large bowl, whisk together flours, baking powder, ginger, cinnamon, nutmeg and salt.
- 2. Beat eggs and sugar together until combined. Pour buttermilk and butter into egg mixture; beat until well blended.
- 3. Heat waffle iron according to directions. Make a well in flour mixture and stir in egg mixture and molasses; stir until well
- 4. Pour about ½ cup waffle batter in each waffle mold, then close lid and cook for 2 minutes; remove carefully and place on baking sheet in warm oven. Serve with maple syrup and fruit, if desired.

**FANCY FEAST** Treat your guests to a book

ASSEROLE

of recipes from the big dinner or a few family favorites. Download cover art (familycircle.com/ christmascountdown), print recipes onto paper, fold and trim as desired. Staple pages together at the fold (or bind as desired, for example by punching holes and threading a ribbon through). To hide staples, glue the cover to the pages (or use thin double-side tape). Cover, Luxe Fino White cover-weight paper; interior, Luxe Fino White text-weight paper; paper-source.com

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PEAR, POMEGRANATE & PROSECCO COCKTAIL

MAKES 4 servings
PREP 10 minutes

1½ cups pear nectar

- $\frac{1}{2}$  cup pomegranate juice
- 2 cups chilled seltzer or prosecco Pomegranate seeds (optional)
- 1. In a large pitcher, stir together nectar, pomegranate juice and seltzer or prosecco. Place pomegranate seeds in bottom of 4 glasses, if desired.
- 2. Divide cocktail among glasses; serve.





21

#### good scents

Fill your home with a delectable, spicy fragrance.

In a small saucepan combine 5 cinnamon sticks (broken), 1 tbsp whole cloves, 1 tbsp whole allspice, the rind of 2 oranges, 3 bay leaves and 3 cups water. Bring to a simmer, reduce heat to its lowest setting and keep at a simmer. Replenish periodically with water.

#### FamilyCircle.com

Download our festive playlist and easy templates at familycircle.com/christmascountdown

(continued)

# Premium sound has never been easier.



Selecting a sound system traditionally has required a difficult compromise. With conventional systems, if you make premium sound your priority, you have to deal with large speakers, stacks of equipment and plenty of wires to hook them up. Opt for small size and simplicity, and you sacrifice the sound.

#### Meet the Bose Wave® music system.

It delivers all the pleasures of premium sound from a compact system without the traditional compromises or limitations. Rich Warren of the *News-Gazette* says it "will flat out seduce you." And *Forbes FYI* reports that "you'll think you're listening to a...sound system that costs five times more."

Easy to enjoy. The Wave® music system provides a room full of Bose quality sound from an all-in-one system that requires little space and is delightfully simple to use. There are no wires to hook up, no confusing buttons or dials to adjust. Just plug it in and hear the kind of sound that you may have only thought possible from a much larger system. In fact, David Novak, the Gadget Guy, says, "It can easily replace whatever component system you currently have."

Easy to use. A credit card-style remote lets you operate everything — a convenience you'll appreciate when playing CDs or MP3 CDs, tuning into FM/AM radio or setting the clock and alarm. You can connect an additional audio source, so enjoying lifelike sound from your TV or MP3 player couldn't be simpler. You also can add an optional Multi-CD Changer to enjoy your favorite music for hours. And with its small and elegant design, the Wave® music system fits in just about anywhere: your living room, kitchen, bedroom, wherever you want better sound.

**Easy to try.** Use our 30-day, risk-free trial to experience the Wave<sup>®</sup> music system in your home. Listen to your favorite music, try it in different rooms and hear what you've been missing.

Easy to order. Simply choose your favorite color: Platinum White, Graphite Gray or Titanium Silver. When you call, ask about making 12 easy payments, with no interest charges from Bose.\* Order your system with the Multi-CD Changer by December 31, 2010, and save \$100. When your Wave® music system arrives, just take it out of the box, plug it in and slip in your favorite CD. Then sit back and experience the kind of performance that has made Bose the most respected name in sound. Now what could be easier than that?



#### **SAVE \$100**

when you order the Wave® music system with our Multi-CD Changer by December 31, 2010.

To order or learn more:

1-800-925-9738, ext. TW727 www.Bose.com/WMS



\*Bose payment plan available on orders of \$299,\$1500 paid by major credit card. Separate financing offers may be available for select products. See website for details. Down payment is 1/12 the product price plus applicable tax and shipping chargeys, charged when order is shipped. Then, your credit card will be billed for 11 equal monthly installments beginning approximately one month from the date your order is shipped, with 0% APR and no interest charges from Bose. Credit card rules and interest may payly. U.S. residents only. Limit one active financing program per customer. @2010 Bose Corporation. Patent rights issued and/or pending. The Wave\* "music systems is seltoned in seltone financing program per customer in the date of the program of th

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And prevents symptoms from coming back.



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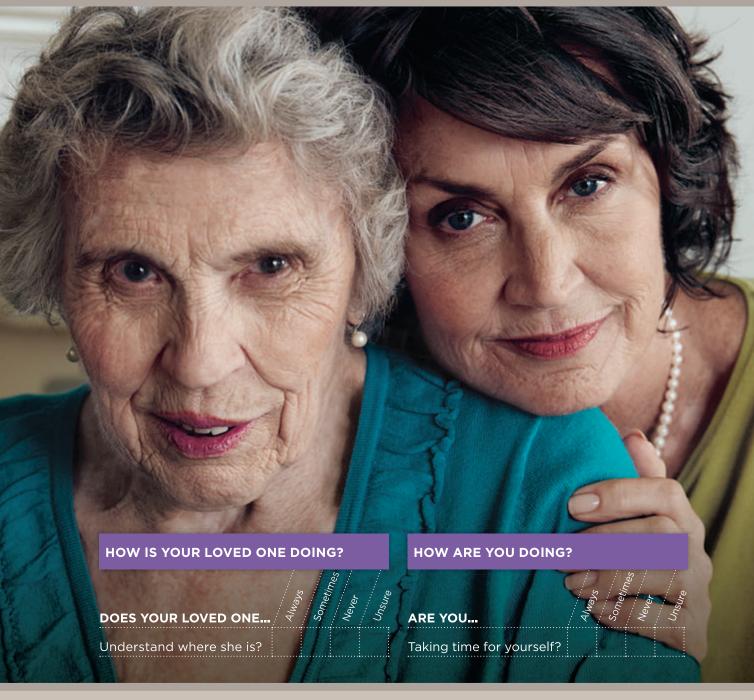
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# Thank you Curél

for an end to my never-ending search for dry skin relief.







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for the treatment of mild to moderate alzheimer's disease

#### **INDICATIONS**

EXELON® PATCH (rivastigmine transdermal system) and EXELON (rivastigmine tartrate) capsules are prescription medicines used to treat people with mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia (PDD).

Persons who have been diagnosed with Parkinson's disease for at least 2 years and in whom other causes of dementia have been ruled out may have PDD if they experience trouble with the following: executive function (i.e. remembering things, solving problems, and planning), memory retrieval, and attention.

#### IMPORTANT SAFETY INFORMATION

EXELON should not be used if the patient is allergic to rivastigmine or any of the other ingredients of EXELON, or has had an allergic reaction to a similar type of medicine. Speak to the doctor before using EXELON.

Mistakes in using EXELON *PATCH* have resulted in serious side effects; some cases have required hospitalization, and rarely, led to death. Most mistakes have involved not removing the old patch when putting on a new one and the use of multiple patches at one time. Only one EXELON *PATCH* should be worn at a time. If you accidentally apply more EXELON *PATCHES* than you should, remove all EXELON *PATCHES* and inform the doctor immediately.

At higher than recommended doses, EXELON *PATCH* is associated with significant stomach related side effects such as: nausea, vomiting, diarrhea, decreased appetite, and weight loss. EXELON capsules have been associated with significant stomach related side effects including nausea, vomiting, decreased appetite, and weight loss. For this reason, people should always start at the low dose. After a minimum of four weeks of treatment, and if well tolerated, the doctor may increase the dose to the next level. If you have not taken EXELON for more than three days, do not start taking it again until you have talked to a doctor.

In a study, the most common side effects with EXELON *PATCH* were nausea, vomiting, and diarrhea. The most common side effects in studies with EXELON capsules were nausea, vomiting, decreased appetite, indigestion and weakness in Alzheimer's dementia, and nausea, vomiting, tremor, decreased appetite, and dizziness in Parkinson's disease dementia.

People at risk for stomach ulcers or who take certain medicines should tell their doctor before starting EXELON, because serious stomach problems such as bleeding may occur. People at risk for certain heart conditions should tell their doctor before starting EXELON because they may experience fainting. People with serious lung conditions and difficulty breathing, bladder problems, seizures, or tremors should consult their doctor before using EXELON therapy. In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON capsules. People on EXELON who feel dizzy or drowsy should not drive or use machines.

Weight should be checked while the person is using EXELON. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON due to these side effects.

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON should not be taken at the same time with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON.

You are encouraged to report negative side effects of prescription drugs to the FDA. Call 1-800-FDA-1088 or visit www.fda.gov/safety/MedWatch/default.htm

Novartis is proud to offer Patient Assistance Now, an easy-to-use, comprehensive resource that allows you to access programs that may help you pay for your Novartis medicines.

Please see Brief Summary of Important Product Information on next page.

#### IMPORTANT PATIENT INFORMATION



ECS-'el-on

#### EXELON PATCH IS FOR SKIN USE ONLY.

Read this Patient Information leaflet before you start using Exelon Patch and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment. If you do not understand the information, or have any questions about Exelon Patch, talk with your healthcare provider or pharmacist.

#### WHAT IS EXELON PATCH?

Exelon Patch is a prescription medicine used to treat:

- mild to moderate memory problems (dementia) associated with Alzheimer's disease.
- mild to moderate memory problems (dementia) associated with Parkinson's disease.

It is not known if Exelon Patch is safe or effective in children.

#### WHO SHOULD NOT USE EXELON PATCH?

Do not use Exelon Patch if you are allergic to rivastigmine, carbamate derivatives, or any of the ingredients in Exelon Patch. Ask your healthcare provider if you are not sure.

### WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE USING EXELON PATCH?

Before you use Exelon Patch, tell your healthcare provider if you:

- · have or ever had a stomach ulcer
- · are planning to have surgery
- · have or ever had problems with your heart
- · have problems passing urine
- have or ever had seizures
- have problems with movement (tremors)
- · have asthma or breathing problems
- · have a loss of appetite or are losing weight
- are pregnant or plan to become pregnant. It is not known if Exelon Patch will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Exelon Patch passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use Exelon Patch.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you take:

- a medicine used to treat inflammation (nonsteroidal anti-inflammatory drugs)
- other medicines used to treat Alzheimer's or Parkinson's disease
- an anticholinergic medicine, such as an allergy or cold medicine, a medicine to treat bladder or bowel spasms, or certain asthma medicines

Ask your healthcare provider if you are not sure if your medicine is one listed above. Know the medicines you take.

#### HOW SHOULD I USE EXELON PATCH?

- Use Exelon Patch exactly as your healthcare provider tells you to use it.
- · Wear only 1 Exelon Patch at a time.
- · Exelon Patch is for skin use only.
- Do not apply Exelon Patch to skin that is red, irritated, or has cuts.
- Change your Exelon Patch every 24 hours at the same time of day.
- Change your application site every day to avoid skin irritation. You can use the same area, but do not use the same spot for at least 14 days after your last application.
- If your Exelon Patch falls off, put on another patch right away and then replace the new patch the next day at the same time as usual.
   If you miss a dose or forget to change your Exelon Patch, apply your next Exelon Patch as soon as you remember. Do not apply 2 Exelon Patches to make up for the missed dose.
- If you miss more than three days of applying Exelon Patch, call your healthcare provider before putting on another patch.
- You must remove Exelon Patch from the previous day *before* applying a new one.
- Having more than one patch on your body at the same time can cause you to get too much Exelon, which can cause serious side effects; some cases have required hospitalization, and rarely, led to death. If you accidentally use more than one Exelon Patch at a time, remove them all and call your healthcare provider. If you are unable to reach your healthcare provider, contact your local Poison Control Center or go to the nearest hospital emergency room right away.

#### WHAT SHOULD I AVOID WHILE USING EXELON PATCH?

- Do not touch your eyes after you touch the Exelon Patch.
- Exelon Patch can cause drowsiness, dizziness, weakness, or fainting. Do not drive, operate heavy machinery, or do other dangerous activities until you know how Exelon Patch affects you.
- Avoid exposure to external heat sources such as excessive sunlight, saunas, or solariums for long periods of time.

#### WHAT ARE THE POSSIBLE SIDE EFFECTS OF EXELON PATCH? Exelon Patch may cause serious side effects including:

- Stomach or bowel (intestinal) problems, including:
  - nausea
  - vomiting
  - diarrhea
  - · loss of appetite
  - weight loss
  - bleeding in your stomach (ulcers)

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF EXELON PATCH? (continued)

- · heart problems
- seizures
- problems with movement (tremors)

#### The most common side effects of Exelon Patch include:

- nausea
- vomiting
- · diarrhea

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Exelon Patch. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

## GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF EXELON PATCH.

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information leaflet. Do not use Exelon Patch for a condition for which it was not prescribed. Do not give Exelon Patch to other people, even if they have the same symptoms you have. It may harm them.

This Patient Information leaflet summarizes the most important information about Exelon Patch. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about Exelon Patch that is written for health professionals.



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# CIRCLE IT Take note of these exciting promotions and products

• Eggo Nutri-Grain® Waffles Made with Whole Wheat

The same light and crispy texture as original Eggo® Waffles, only with the added bonus of nutritious whole grain!







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EdibleArrangements.com/Holiday

 Pledge to Put Your Skin First It's time to treat skincare more like healthcare. Because when you put your skin's health first, youthfulness, confidence and beauty all will follow. Join the movement to put your Skin First!



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## Tis the season of giving.

Since 1962, Target has given 5% of its income to support local communities. Today, that totals more than \$3 million in giving every week. This holiday season, we celebrate our partners who take care of those in need, like St. Jude Children's Research Hospital®

We're making it easy for you to help this season as well. Simply purchase a Target gift card\* of \$20 or more November 28-December 4, and we'll donate \$1 per card to St. Jude Children's Research Hospital — up to \$750,000. Shop and spread the joy.





\*Terms and conditions apply to gift cards. The name and logo of St. Jude Children's Research Hospital is

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# Build game nights to new heights.

differently or change the dice to keep game play freth and exciting.

For more information virit: gamer.LEGO.com

Follow ur at: Facebook.com/LEGOGamer

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Though it isn't celebrated in the U.S., Boxing Day is observed in over a dozen countries around the world on December 26. In honor of this traditional day of goodwill, find a way to help the needy. According to the National Center for Children in Poverty, there are more than 29 million children living in poverty in the U.S. Spread holiday joy by volunteering at a local soup kitchen; donating food, clothing and gift baskets to those who are less fortunate; or finding another opportunity on volunteermatch.org.

## HOT HOLIDAY TICKETS

Escape the season's stress and relax with new family flicks.

→ You won't see him, but you will hear Justin Timberlake—as Yogi's sidekick Boo Boo—in

Yogi Bear. This animated return to Jellystone Park hits theaters December 17. → Get another dose of the beloved magical



realm in The Chronicles of Narnia: The Voyage of the Dawn Treader (December 10). Edmund and Lucy encounter dragons, dwarves and warriors on their adventurous sail to the end of the world.

→ It may be tough to convince your kids to read the classic, but with Jack Black starring as the title character in Gulliver's Travels (December 22), it'll be a cinch to get 'em to see this film version.

→ The special effects alone will have sci-fi geeks running to see TRON: Legacy (December 17). The thriller follows Sam Flynn into the ENCOMM computer system, a digital universe where his father (Jeff Bridges) has lived for 25 years.



If paying your teens' cell phone bill isn't making you merry, Pinger's apps may seem like a miracle.

TextFree with Voice

lets you and your kids chat, and send and receive unlimited texts to any U.S. mobile phone for free! It even works on the iPod touch, so you can reach your children without spending money on a full plan. Download it at pinger.com.



48%

of tweens and teens worldwide think they spend too much time online, averaging 11.4 hours weekly. But don't worry—your kids don't top the list. Out of 14 countries surveyed, Brazil's teens surf the Net the most, logging in 18.3 hours a week. Source: Norton Online Family Report



#### CHEER IN A BOX

Get in the spirit
with The Box Girls'
Christmas Box of
Questions, Hanukkah
Box of Questions (\$20
each), and the Christmas
Box of Questions Mini
(\$10). Players are asked
to ponder holidaythemed inquiries like
"What is your favorite
Christmas cookie?"

## MEMORY MAKER

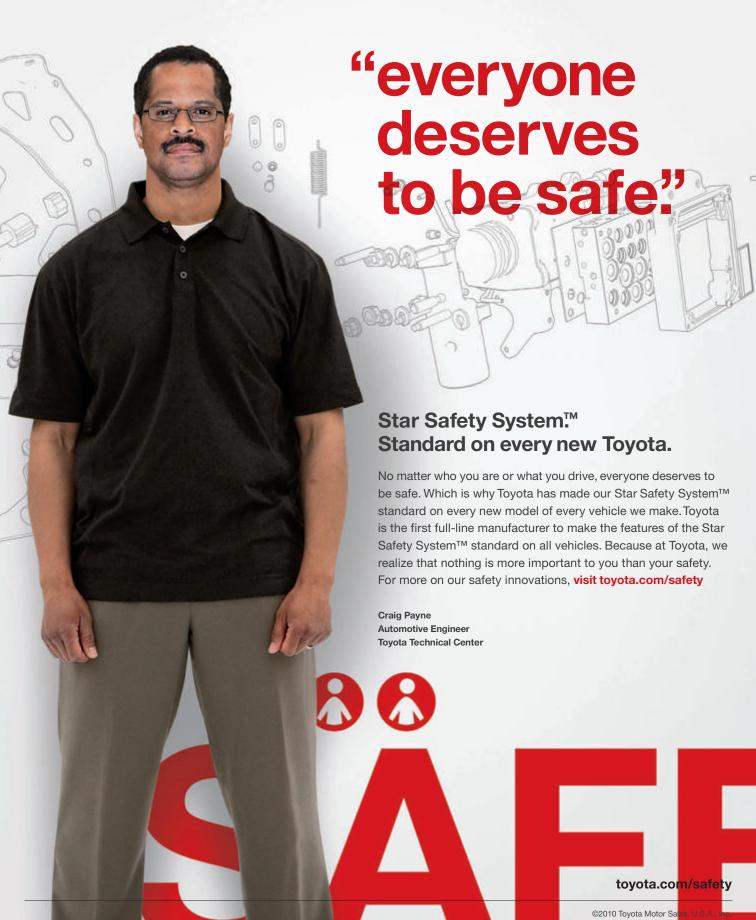


It's hard to believe, but many parents in developing countries have no photos of their kids. The non-profit **Dog Meets World is** helping remedy this with "photo diplomats,"

who travel abroad, snapping shots of families and gifting them the pic. A \$30 donation pays for 100 photos, and your own Foto pup—the project's mascot. That's something to smile about; for more info, visit dogmeetsworld.org.







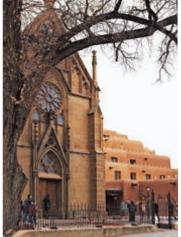
# MY HOMETOWN

→ BY KRISTA MEYERHOFF



The Feliciano family: Eli, 13, Sylka, 10, Melodi and Aaron





POPULATION: 70,000

CLAIM TO FAME: Fiestas de

Santa Fe, an annual celebration
in September honoring the
return of the Spanish to the city
in 1692, kicks off with the
burning of Zozobra, a 50-foottall wooden marionette.



# **Santa Fe, NM**

Melodi Wyss-Feliciano's passion for Santa Fe began the first time she visited. Nearly two decades later she still loves the "City Different," nicknamed for its unique architecture and signature chile.

I've lived all over the world—everywhere from Kansas City, Missouri, to Hamburg, Germany. But Santa Fe's cultural diversity and desert scenery make it unlike any other place I've been. Before our kids were born, Aaron and I knew we'd want to retire to New Mexico. But when Eli was 2 years old, we fast-tracked our plans and moved here to raise our family.

It's almost impossible to get tired of Santa Fe's Southwestern cuisine. Our restaurant pick is **Maria's New Mexican Kitchen**, where the menu features more than 100 types of margaritas. Aaron loves the enchiladas served with "Christmas," the term locals use to describe the combination of red and green chiles. Every time we take a vacation, I'm homesick for the food.

Eli is an accomplished sketch artist—he spent six summers taking lessons at **Dragonfly Art Studio**, and his work has been shown at several local galleries. For his birthday last year we went to the **Georgia O'Keeffe Museum**, which owns the largest collection of pieces by the famed painter. He's also toured **Ghost Ranch**, O'Keeffe's home for more than four decades, and walked through the very desert that inspired her.

Even if the temperature drops below freezing, it's nearly always sunny. Whenever we have the chance we take a day trip to **Ski Santa Fe**, just 30 minutes away in the **Sangre de Cristo Mountains**. Halfway down is **Totemoff Bar and Grill**, a cozy lodge where we can take a break, grab a snack or, in my case, refuel with lots of water before hitting the slopes again.

My favorite spot to soak in the adobe architecture is the **Plaza**. American Indian vendors sell handmade pottery, jewelry and even bread in front of the **Palace of the Governors**, the oldest continuously used public building in the country. During **Santa Fe Bandstand**, a free festival held in July and August, musicians perform reggae, bluegrass, jazz and more.

On Christmas Eve practically the entire town celebrates by strolling along **Canyon Road**. The buildings and sidewalks are lit with *farolitos*, votive candles in sand-filled paper bags. Neighbors gather around bonfires of piñon wood while shop owners hand out hot beverages and cookies to carolers. Unique traditions like this remind us why we settled in Santa Fe—and why we never plan to leave.

Think your fown is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to hometown@familycircle.com.





# MATT DAMON & GARY WHITE

Sparkling and still, bottled and tap—there are plenty of drinking water options in the United States. But in developing countries, more than a billion people don't have clean water and proper sanitation. "Water is such a basic life necessity, but so easy to take for granted," says Matt Damon. "In the U.S. we simply turn the tap and it appears, hot or cold, and clean. But for so many people around the world, it's an almost unthinkable luxury to have drinkable water right at home."

That's why the Academy Award—winning actor co-founded H2O Africa

in 2006. Three years later he and Gary White, who co-founded WaterPartners in 1990, decided to merge their organizations into Water.org. "In villages in northern Ethiopia women walk up to six hours a day to rivers that are sometimes contaminated by animals or go dry," says Gary. "And right under their feet—30 or 40 meters—is safe water." Since its founding, Water.org has brought clean water to hundreds of thousands of people in Africa, South Asia and Central America.

"There are few places in the world with a water situation as severe as the one in Tigray [Ethiopia]," says Matt. "We visited the community of Anahem, which had a hand-dug well shared by 6,000 people. Some people were standing inside the well, while others threw tin cans tied with ropes into the hole. The kids held up plastic bottles of filthy brown water to show me what they'd have to drink at school, and I knew that some of them would be sick before the day was over." Water.org brought in the funding to build a new well, and helped

the locals form their own water committee, which is responsible for maintaining and operating the system.

Another project is the WaterCredit Initiative, a network of microfinance organizations. A major focus of this program is India, where many are too poor to pay for plumbing in their homes. The nonprofit joined forces with a local NGO that works to secure small loans (typically \$75 to \$100) for slum dwellers, so they can get a home connection to a local water utility facility. "If you give them access to credit, they can afford to pay for their own solution," says Gary.

Gary and Matt plan to add locations until everyone has clean water. "Nothing improves life in a community more fundamentally," says Matt, "than having clean water." ■

# FamilyCircle.com

Read the full interview with Matt Damon at familycircle.com/mattdamon

CAN-DO CANTEEN



Help the environment—and people around the world—with a special limited-edition CamelBak water bottle made of BPA-free plastic (\$19) or insulated stainless steel (\$25). All profits go to Water.org. To order or to make a donation, visit gift.water.org.

# A New Beginning

Menopause is an individualized experience. Some women sail through it comfortably, while others find it disruptive. However, one thing can be agreed upon: menopause is a time of freedom and renewal. The One A Day® brand consulted women's health expert Dr. Pamela Peeke for insight about "the transition".



Dr. Pamela M. Peeke, MD, MPH, FACP Author of Body for Life for Women, Fight Fat After 40, Assistant Clinical Professor of Medicine, University of Maryland

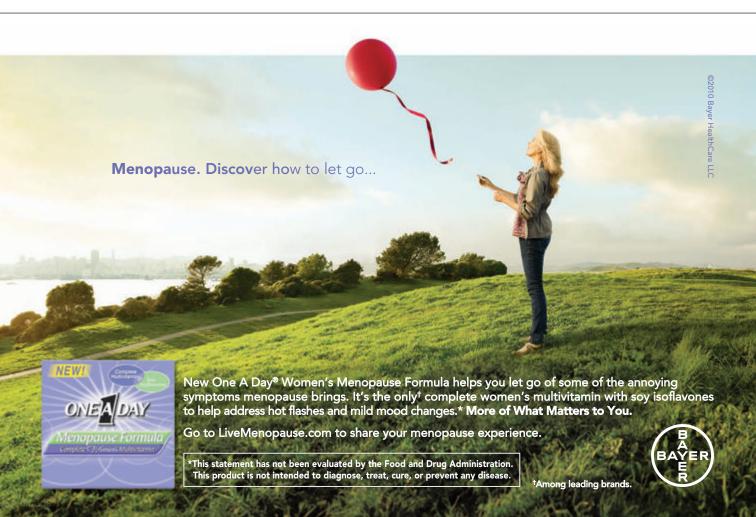
The ebbs and flows in a woman's life are filled with opportunities for change and growth. The menopause transition is no exception. During these years, women do indeed "pause" and reflect upon what they've already achieved as well as dreams yet unfulfilled. They also start up new bucket lists filled with exciting new journeys to embark upon. Smart women see the menopause period as the time to establish a New Normal for self care. Menopause provides every woman with the gift of greater and deeper self-knowledge. Life is precious and women realize that to fully embrace every moment, they will need to nourish themselves with healthy whole foods.

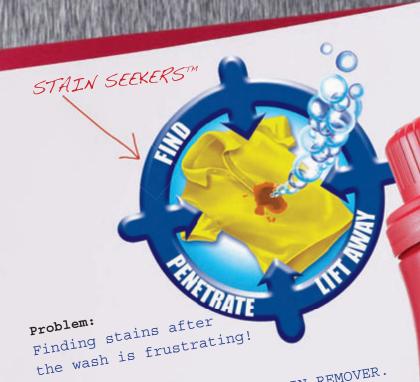


Healthy nutrition goes hand in hand with consistent physical activity to support mind and body and optimize the pleasure and fulfillment a woman strives to enjoy as she ages.

Along with the New Normal, comes a new attitude. Of course there are challenges and obstacles as a woman passes through her menopausal years. However, women can view each of these speed bumps as a golden opportunity to hone their skills at adapting and adjusting to life without abandoning themselves. After years of care giving others, it's time for women to balance their care giving to include themselves—mind, body and spirit.

For more information, visit www.livemenopause.com





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# REMOVES THE TOUGHEST STAINS IN EVERY WASH!



STAINBUSTERS

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Pizza Stain CASE:

TRUST RESOLVE" FORGET STAINS.

Clockwise, from below: Vickie Durfee and Lisa Kaltenbach Miller putting together packages for Full Circle Home; Vickie; gifts ready to be sent to soldiers' loved ones.





special

# Soldiers d during mas can d holiday

Soldiers
deployed during
Christmas can
send holiday
cheer to their
wives and
mothers back
home, thanks to
mom-turnedSanta Claus
Vickie Durfee.

# BY MARIDEL REYES

photography by Rhea Anna he Christmas crunch starts in August. By the time December rolls around, Vickie Durfee's Rochester, New York, home is overflowing with ribbons, tags, tape and dozens of boxes of makeup. "There's more than one morning I see the sun rise, and that's not because I'm up early," she says.

If you think you have a lot of people on your Christmas list, imagine buying, wrapping and mailing hundreds of presents across the country. That's the race-against-the-clock scramble Vickie

Durfee, 54, faces every year. Her organization, Full Circle Home (FCH), sends holiday gifts to the mothers, wives and girlfriends of deployed soldiers. "The program is about connecting people," she says. "We are taking care of the women who are supporting the men who are fighting for us. So many folks want to help soldiers, but they don't know how. This gives them the opportunity."

The idea for the organization started with a favor. In 2006 Vickie's son Gil was stationed with his Marine squad in Beirut. He asked his mom to send his fiancée, Ashley, a Christmas present.



The Durfees: kids Andrea and Gil (Archie not pictured), husband Jim, and Vickie.

Simply getting to a computer to order flowers was tough, he says. "You don't have a phone you can always use and you rarely have an Internet connection, so getting the people in your life gifts or showing them an expression of love is very difficult," says Gil, now 25. "And that's what got the ball rolling."

Vickie, a sales director at Mary Kay,

thought up a "12 Days of Christmas" set filled with the brand's makeup and pampering products. She wrapped and tagged each day's present so Ashley knew what order to open them in. The gifts-and a handwritten card from Gil-all went into a giant jewel-toned box. Ashley, now 24, was floored. She was usually the one sending packages, not receiving them. "It was great to see how much care and love was in the gift, knowing that it was coming from him, and that Vickie put all this thought into how she would give it to me," says Ashley. "And it made the absence easier. It's like he was right there when I opened it."

Vickie recalls, "I could hear the smile in Gil's voice when he told me that Ashley received her present. The gift went both ways."

# SPIKE THINKS HIS STUFF DOESN'T STINK.



In September 2007, on the eve of Gil's deployment to Iraq, Vickie honed the idea for FCH while she was in the shower and praying for his safety. She ran out of the bathroom with a towel wrapped around her and wrote up the organization's brochure—while dripping wet. The next day she sent her son off with flyers to distribute at his base. The idea was simple: Each deployed soldier could request one holiday gift for the woman in his life, whether his mother, wife, girlfriend, daughter or sister. There's space on the flyer where the soldier can scribble a love note, which is later snipped out and inserted into a card. "I thought it would be cool to do this for his squad of 12 guys," Vickie says. "It made me feel closer to my son when he was deployed. He was doing his work in Iraq, and I was doing my patriotic duty too."

Word spread around Gil's base in Iraq—and in Rochester. Vickie, who spent 20 years teaching ballet and volunteering for various charities, realized she could send more gifts if she could secure donations. In just two and a half months Vickie drummed up enough money from family, friends and local businesses to send out 150 packages—all with a "12 Days of Christmas" theme.

Another Rochester-area military mom, Lisa Kaltenbach Miller, 53, heard about the organization and joined Vickie. The women had met at the local airport the year before while they were waiting for their sons to return home. The two soon became gift-wrapping, fundraising machines. The following year they sent out 575 Christmas presents and expanded to Valentine's Day and Mother's Day. This year Vickie and Lisa hope to ship out 1,000 Christmas gifts.

For the Durfees, FCH is a family affair—it's even based in their home. Vickie's husband, Jim, 53, an architect, helped design the website. Their daughter, Andrea, 26, assists with data entry. Their youngest, Archie, 20, organized a dodge-

ball tournament when he was in high school to raise funds. At Gil and Ashley's wedding this past summer, Marines from Gil's squad thanked Vickie in person.

Vickie pays for the gifts and materials up front out of her own pocket—she orders the beauty products at cost through her position at Mary Kay—with the hope she'll collect enough to reimburse herself. (The organization is currently exploring nonprofit status.) She keeps her regular Mary Kay orders and FCH orders separate; commissions she receives from Full Circle Home orders go directly back into the organization. (Mary Kay does not donate money or products, or offer a discount.)

Vickie keeps two lists: One for soldiers who request a present, another for donors who want to sponsor one. Then she matches them up. Each gift costs about \$75, and sometimes a box will be paid for by three or four small sponsor donations. "So many of these guys can't believe someone would do

# THANKS TO THE NEW LITTER SECRET THAT DESTROYS URINE AND FECES ODOR, HE'S RIGHT.

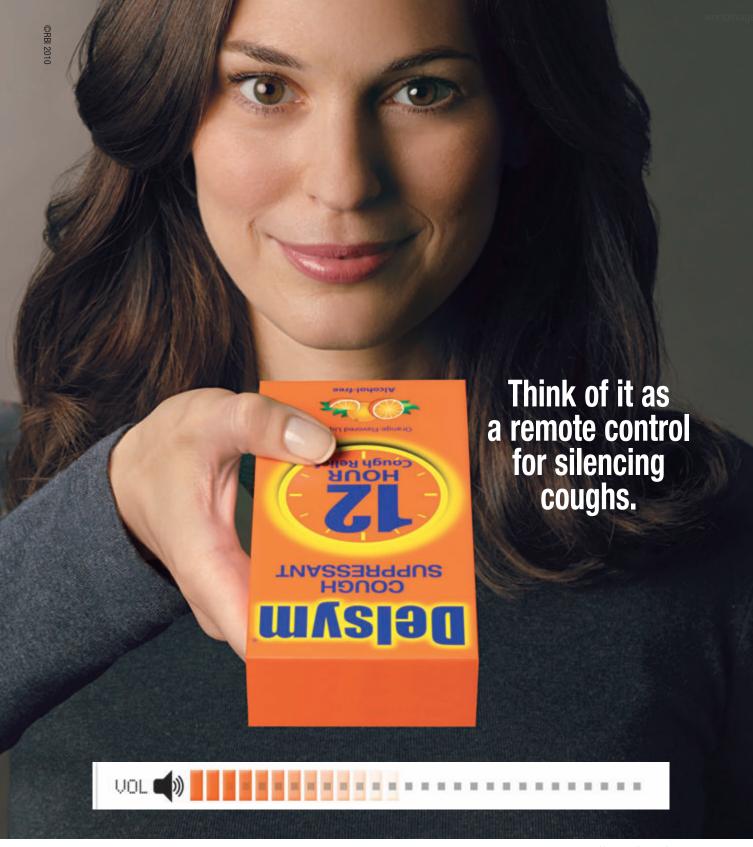
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Vickie with her son Gil, who inspired her to create Full Circle Home when he was deployed overseas.

this for them," Vickie says.

Save for a few big-ticket donors, such as a local bank, the majority of FCH's funding comes from small individual donations. "In this economy everyone is fighting for the same dollars," says Lisa. "We just keep trying to get more and more creative." That means throwing wrap parties (BYO tape and pizza), hosting Christmas and Mother's Day shopping bazaars where the proceeds go to FCH, guest bartending at local bars, and placing collection cans in stores.

The presents have evolved since the first one Vickie sent Ashley. Each set starts with a hand-sewn tissue holder donated by Girl Scouts. "Everyone tells me they cry when they open the gifts," Vickie says. It also includes chocolate, body wash, cleanser, lotion, hand cream, mascara, eye shadow and lipgloss. The last gift is always a fragrance, and there's also a note that reveals the sponsor of the box. Often, when a woman receives a gift, she contacts her benefactor—typically a stranger-and decides to donate time or money to FCH. And so the cycle continues. "I forward the thank-vou letters from the women to the underwriters," Vickie says. "And that's the circle—the connection."

When the first round of FCH packages showed up on people's doorsteps, Vickie's phone started ringing almost immediately. Some women ripped open all 12 presents at once, others opened and carefully rewrapped the gifts so they

could do it again with their children, and some waited to unwrap them over the phone with their loved one. "Women use the ribbons and tags as ornaments or put them in a centerpiece for Christmas dinner," Vickie says, her voice cracking. "When the women call me I stay on the phone with them as long as necessary because I know that's the kind of support I needed when my son was deployed."

Vickie will keep that dedication to FCH until there are no longer troops deployed. "I'm making other people happy and maybe making their day a little better," Vickie says. "And, in turn, they pass it on." At some point Vickie hopes to hire a small staff and have distribution centers across the country. Eventually she'd like to expand the program to anniversaries and even to provide a handyman service for women whose husbands and sons are in the military. Even though Vickie's and Lisa's sons are no longer serving, the women won't stop their work. FCH has gone beyond gifting and grown into an informal support system.

The bond between military moms is instant and unshakable. Vickie and Lisa send perfume every year to Patty Smith, of South Lake Tahoe, California, whose son Timothy was stationed with Lisa's son in Iraq. Timothy requested presents for his wife and his mother-even though technically there's a one-giftper-soldier limit. "We didn't want to choose, so we sent them both presents," Lisa recalls. Timothy died in Baghdad not long after. At his funeral Lisa embraced Patty and told her that she smelled beautiful. Patty was wearing the perfume Timothy had sent her for Christmas. "We're forever bound," Lisa says. "This woman has this last gift from her son. That's what keeps us going."

# how you can help

Lend your time by hosting a gift-wrapping party in your home or office. Fill out a volunteer registration form at **fullcirclehome.org**, where you can also make a donation.

# Why Delsym<sup>®</sup> Cough Liquid is #1 Doctor Recommended.\*

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www.delsym.com

Use as directed.

\*Delsym is the #1 recommended Over-The-Counter single active ingredient cough suppresant among Internists, General Practitioners and Family Practitioners. IMS Health, NDTI, for the 52 weeks ending in 6/30/10.

†Among OTC liquids per dose.



# **Braun Series 7**

Holiday shopping can be daunting—and with so many men's shavers on the shelves, it's easy to get overwhelmed. The Braun Series 7 is a can't-go-wrong choice, offering the brand's most complete and comfortable shave with Satisfaction Guaranteed! \*

- The Clean & Renew System automatically cleans, charges, lubricates and dries at the touch of a button to keep the shaver feeling like new every day.
- New! 3 Personalization Modes for a more individual shave.
- New! Optifoil—cuts hair closer than ever before, for longer lasting closeness.
- Innovative Pulsonic Technology. 10,000 micro vibrations help capture more hair.\*\*
- Activelift<sup>™</sup> captures flat lying hairs in problem areas.



So cross him off your holiday shopping list with a gift that both of you will love.

Visit Braun.com to discover which shaver is perfect for any man in your life.

# BRAUN





What makes your man? Money? Clothes? Education? Or attitude, experiences and behavior? Take a look at his face and you'll see.

New Braun Series 7. Find the perfect gift for your man at braun.com

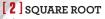




Just in time for the holidays, ARM & HAMMER® Spinbrush® is the stocking stuffer for the whole family. And because Spinbrush® SONIC removes up to 95% of plaque,\* it's truly the gift that keeps on giving. Visit Spinbrush.com for great savings.







A less-aggravating spin on the retro cube, the Rubik's Slide has three levels of difficulty. A winning streak is within reach. → Target.com, \$18



[4] PULP FICTION

[3] FLOWER

POWER

Safeguard an

iPhone, support pediatric patient programs at MD Anderson Cancer Center in Houston. → Childrens art.org, \$40

Time for the traditional mantel clock to go mod, in molded paper pulp (aka cardboard).

→ Conranusa.com, \$29





The perfect present for everyone on your list, from just \$6

BY JONNA GALLO WEPPLER



## [6] BACK TO THE **FUTURE**

Each tiny (just 2 inches tall!) remotecontrolled Zibits robot has a unique name and backstory, and can whirl a quick 360°.

→ Toys "R" Us stores, \$10

# Holiday Happiness Starts Here™



For easy recipes, crafts and holiday gift-giving ideas, visit

www.celebratewithhersheys.com









→ Amazon.com, \$32

What a kick—this indestructible soccer ball never deflates. When you buy one, another is sent to a child in need.



# [ **19** ] INITIAL REACTION

Stick on a custom-made monogram decal and presto-instant smartphone upgrade.

→ Fontaine maury.com, \$20



## [ **20** ] HITTING THE BOTTLE

Four of Benefit's best-selling fragrances in miniature, so the recipient can sample to her heart's content.

→ Benefitcosmetics .com, \$36



# Generations by Dan Funderburgh

"My piece shows how families are flourishing because of life-saving work supported by the American Cancer Society."

### Inspiration

Eleven million cancer survivors are celebrating birthdays this year.

Buy artist wrapping paper, prints and more at morebirthdays.com





THE OFFICIAL SPONSOR OF BIRTHDAYS.



# For wet or dry cough relief, give mucus the one-two punch.

When you have a cough, sometimes it's wet caused by mucus or sometimes it's dry caused by throat irritation. Only Maximum Strength Mucinex® DM has the maximum amount of medicine to break up mucus and quiet coughs, wet or dry for 12 hours\*





Bold, graphic letters, ornate handles and a price so low you can pretty much give out Alphabet Mugs freely. → Westelm.com, \$6





AND DEALING This year's collectible Hess truck ups the ante sky-high with a jet plane

onboard. → Hess stores, \$26



# FamilyCircle.com

lt wouldn't be Christmas without a little something for your furry friends. Find our faves at familycircle.com/petgifts



All tunes, no hanging wires—just tuck a nano into the i360 music infused beanie.

→ Amazon.com, \$23

# [24] TRANSPORT VEHICLE

The coolest way e-v-e-r to carry a hot casserole to a tailgate party or a friend's house. Fits any typical 9" x 13" dish.

→ Vonny.com, \$45

# [ **25** ] JUST IN TIME

A Swatch screams flashback to moms who happily sported them in the '80s, and they're just as hip now.

→ Swatch.com, \$49.99

# 26 CHAPTER AND VERSE A natural spectrum

page light helps avoid eyestrain and doubles as a bookmark.

→ Amazon.com, \$20



## [27] SNAP JUDGMENT

Slide any picture into an Umbra Snap Frame and it looks like an old-school Polaroid. The bottom border is itching to be written on with a dry-erase marker.

→ Amazon.com, \$18/9



All profits from these irresistible oversize cookies fund lifesaving research through the charity Cookies for Kids' Cancer.

→ Cookiesforkids

cancer.org, \$30/dozen



© RBI 2010

www.mucinex.com











The object of Jishaku is to figure out where to place your magnets without them sticking to others already in play. → Barnes & Noble stores, \$20





# [ **36** ] HANG TIME

Emeril Lagasse, Sarah
Jessica Parker and other
celebs designed
ornaments for Home
Shopping Network, with
all proceeds going to
St. Jude's Children's
Research Hospital.

Hsn.com/stjude,
from \$20

# 37 REACH OUT AND TOUCH

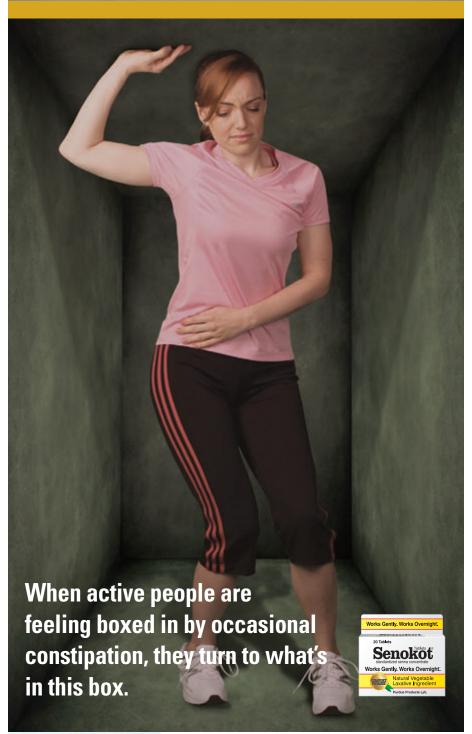
How to text without frigid fingers? Wear Isotoner Smartouch gloves.

→ Isotoner.com, \$40



about 10 minutes away.

→ Hamiltonbeach.com, \$30





# **SENOKOT® TABLETS**

Gets active people and America back to regularity.

Everyone can be susceptible to a bout of constipation. Our busy schedules often put us out of sync with our normal eating habits and exercise routines. That's why it makes sense to have a trusted product like Senokot® Tablets in your medicine chest. Made with a natural vegetable laxative ingredient proven effective in over 50 clinical studies, Senokot® Tablets provide predictable, gentle relief from occasional constipation. Because life shouldn't stop when constipation starts.

Get health tips on how to stay regular, get healthy recipes and find savings at:











# [41] TOUCHDOWN!

The helmet-shaped ProToast imprints an NFL logo onto bread. Make that eggs, bacon and a side of Steelers. → Hsn.com, \$33



# [42] SPEAKEASY

Turn everything from a picture frame to a lamp shade into a speaker.
Amazing! → Origaudio .com, \$49.99 (type in coupon code FAMILY at checkout for \$15 off)

### [43] ROAD WARRIOR

Packing is a breeze with this kit, which includes a carry-on-worthy big bag, two zip-tops (one see-through), two refillable shampoo/conditioner bottles and a loofah. → Walmart.com, \$20





fashion-forward chic.

→ Forever21.com, \$15

# ROLL AWAY MOUTH PAIN WITH KANK-A° SOOTHING BEADST





When brace irritation, a canker sore or other mouth pain flares up, it affects you all day long. However, treating the problem away from home isn't always convenient. Now with Kank-A® Soothing Beads," relief is available wherever you are.

Each 5-bead dose is individually packaged, so you can always have one handy. For all-over mouth pain, roll beads around mouth... or place in one spot for targeted relief.











Also try Kank-A Liquid for canker sores and Kank-A SoftBrush® for tooth and gum pain.







# [ 45 ] IN THE SPIRIT

Choose red or white, then personalize the label with a canine photo and caption. Doggone good.

→ Adogslife.net, from \$17





# [ 48 ] KISS AND MAKEUP

[47] HEAVEN SCENT

Sonia Kashuk's pro-quality brushes cover every possible need, and come in a glimmery silver clutch that's glam enough for a girls' night out.

→ Target.com, \$25





# [ 50 ] HERE COMES THE SUN

An Acu-Rite wireless weather station short-circuits the A.M. denim-jacket-ordown-coat debate with the current temp and forecast.

→ Lowes.com, \$40



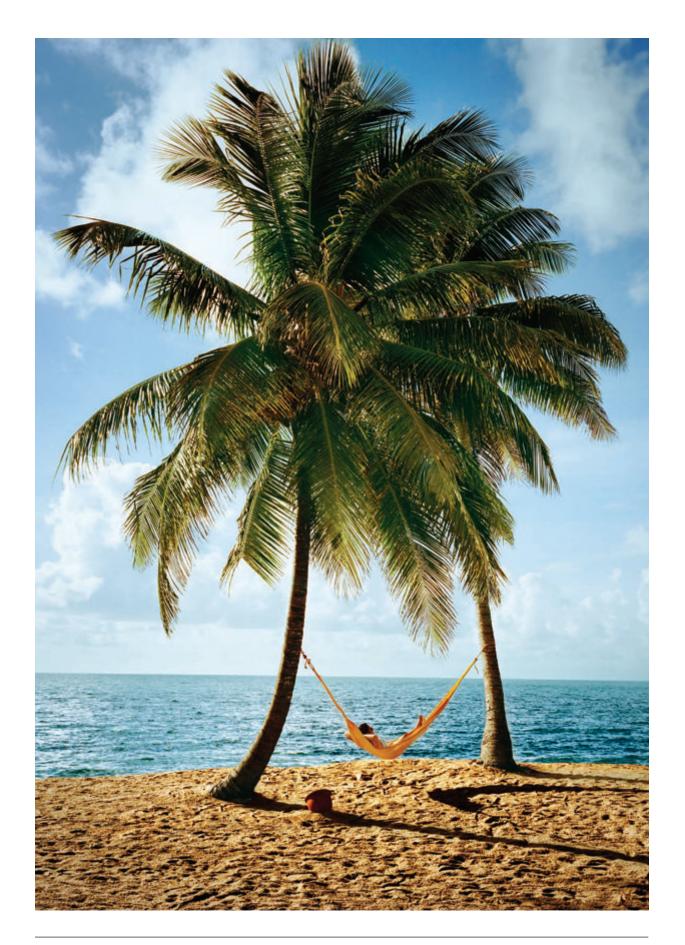




Any similarities to real life flavors are purely intentional. Jelly Belly® jelly beans look and taste so authentic because we insist on using real ingredients whenever possible, like real blueberries, real pomegranate and real cherry juices (to name just a few). So go ahead, explore all 50 flavors and discover for yourself what we mean by "The Original Gourmet Jelly Bean."

JellyBelly.com

worldma



Rob Howard for Town and Country

# This is not the Internet. Feel free to curl up and settle in.

Magazines don't blink on and off. They don't show video or deliver ads that pop up out of nowhere. You can't DVR magazines and you can't play games on them.

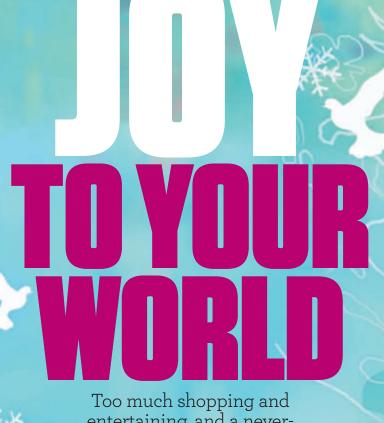
But you can take one to the beach, to bed or just about anywhere else and, chances are, it will engage, entertain and enlighten you in ways no other medium can.

Perhaps that explains why magazine readership has actually increased versus five years ago. The top 25 magazines continue to reach a wider audience than the top 25 primetime TV shows. And despite the escalating war for consumers' eyeballs, readers spend an average of 43 minutes per issue.

What accounts for this ongoing attraction? Why do nine out of ten American adults choose to spend so much time with an unabashedly analog medium?

One enduring truth: people of every age love the experience of reading a magazine, even when the same content is available online. So curl up, get comfortable and enjoy the rest of this magazine.





Too much shopping and entertaining, and a neverending to-do list, can turn December into super-stress season, say members of our social network, momster.com. But these simple strategies will keep your holidays merry—and meaningful.

# **BY GAY NORTON EDELMAN**

**Illustrations by Eva Tatcheva** 

I work so hard to make the holidays perfect, but I never feel like I'm doing enough, and then my tension spreads through the house. What are some ways I can keep that from happening? —Mikalynne

There's just no way out. Like it or not, in most families Mom is the one who sets the tone. And the best way to avoid the stress contagion is by heading it off in the first place. "Holidays are for rest and recuperation, not for running around madly, packing in too many activities and spending too much money," says Tom Hodgkinson, author of *The Idle Parent: Why Laid-Back Parents Raise Happier and Healthier Kids* (Jeremy Tarcher/Penguin). "Every few days, or at



# YOU'LL NEVER LOOK AT STAINS THE SAME WAY AGAIN

You see a strawberry syrup stain, but **NEW** Wisk® with our breakthrough **Stain Spectrum™ Technology** sees a carbohydrate stain. Its scientific formula of enzymes and cleaning agents targets a full range of stains on a molecular level for our most powerful clean.

FIGHT STAINS WITH SCIENCE

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least once a week, take a couple of hours to do something you really enjoy." Escape to your room with a favorite novel, take a long walk, have coffee with a friend. You're not being selfish—you're investing in household peace. Also be up front about how overwhelmed you are, says Annie Burnside, author of Soul to Soul Parenting (Wyatt-MacKenzie Publishing), who suggests you have everyone write down the two traditions he or she likes best. From there make a family to-do list, including assigned tasks for each person. "Post it in a central location," says Burnside, "and stick to it." Kids tend to be more cooperative—and cheerful when they're part of the decision-making process. (And ordering in a pizza during chore time couldn't hurt, either.)



# What's a good way to teach my kids there's more to the holidays than getting stuff? —LynnMcg

Just like the times when you establish a curfew or give permission to borrow the car, you're the one who sets the parameters. Gifts are a privilege, not a right. So don't let peer pressure from other parents (or your own kids playing the guilt card) tell you different. Of course you don't want to start an epidemic of disappointment, but not having every wish fulfilled isn't fatal. In fact, getting push-back on the gotta-have-its does children long-term good. "Research has found that attaching happiness to material goods can actually lead to feelings of insecurity,"

says Craig Kielburger, coauthor of *The World Needs Your Kid* (Greystone), who suggests volunteering together as a great way to give perspective. If you have to curtail spending, adds Shelley Carson, Ph.D., author of *Your Creative Brain* (Jossey-Bass), explain that while there will be fewer items under the tree, you'll be having just as much fun and together time. Then make good on the promise, even if it's simply scheduling a movie followed by cookies and cocoa, or attending a free event (Google your town's name and "free Christmas events," or check your newspaper).

The holidays haven't been the same since my father passed away, right before Christmas. I need to honor his memory, yet keep things fun for the kids. Any suggestions? -Jasper This time of year can intensify the sense of what's missing, says Janet Taylor, M.D., a psychiatrist and member of the Family Circle Health Advisory Board, especially if the holiday and the anniversary of an important loss coincide. "Grief can come in waves that are unexpected and draining," she explains. "Instead of blocking feelings, take a deep breath and allow yourself to experience the sadness. It will pass." As a practical matter you might want to display photos of the person you miss, tell stories about him, light a candle or make a donation in his name to charity. "Also ask your children how they'd like to remember," says Dr. Taylor. "Even though your rituals may be bittersweet, in the end they'll create important memories." And believe it or not, opening yourselves up to these poignant moments will also help deepen everyone's experience of what is joyful.

# Can you believe it? My kids' birthdays are December 29 and 31. What should I do to make sure their days are special? —Julez

Some mothers in your situation prepare a nice dinner of favorite foods and a few gifts on the birthday, and plan something more labor-intensive—a party, sleepover or outing with friends—six months later on the child's half birthday. First ask your kids what works for them and what

# WELCOME CHRISTMAS

We asked Motherboard moms what would happen if the Grinch stole their holiday. And they refused to be intimidated.

We'd go volunteer somewhere.
—Amy C.

I would be fine, but I don't think anything would make my daughter feel better. She's at a very selfish teenage stage. —Brooke W.

Like the Whos down in Whoville, we'd sing praises because it would still be Christmas in our hearts. It'd be tough, but it might also be a great learning experience. —Kelli W.

I'd invite the Grinch to spend the day with us. Everybody needs love and a family.—Lenoare M.



doesn't. Maybe they don't mind birthday presents wrapped in Santa paper but would feel slighted receiving one big item for both days, even if you spend twice as much money. Most important, on the actual day, put holiday hoopla aside when you're with your child, says Richard Bromfield, Ph.D., author of *How to Unspoil Your Child Fast* (Sourcebooks). "You want to be relaxed and fully attentive," he says. "You can be harried later."

My siblings, in-laws and elderly parents always expect me to host our Christmas gathering. So if I want my kids to see family, I have to clean, cook, send invites, etc. Every year I think, Why me? —MomSue

You're designated hostess because you've been doing such a terrific job, and the relatives have gotten used to letting you run the show, says Carson. The an-





# Ramen & Vinyl Records

Keep Your Home Smelling Like Home™

Whatever scents fill your household, Purina® Tidy Cats® Premium Scoop Small Spaces® helps neutralize odors even in the coziest of multiple-cat homes, giving you just what you need to keep your house smelling like it should. Explore the full range of Purina® Tidy Cats® litter formulas at tidycats.com.



Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

swer? Simplify. "Alert them ahead of time that you're scaling back to have more time for appreciating the festivities," she says. Rather than trying to please everyone, focus on what you personally would miss. Then delegate: Ask each guest to bring a dish to share. If there's someone you're especially close with, see if he or she will come a day early to help clean. Have the kids e-mail, text or phone the invites. Refuse to feel guilty about your decision to reduce your busyness, advises Carson. Most of all, stop from time to time to savor the sights and sounds of the season. "We often knock ourselves out to make everything wonderful and end up robbing ourselves of enjoyment," she says. "But the celebration doesn't have to be perfect to be special." In other words, whatever you do will be beautiful.



What's generating joy at your house? Join the discussion of favorite ways to celebrate at momster.com/fc/traditions

# **EASY DOES IT**

Give yourself the gift of managing the extra workload with more grace than grouchiness.

In addition to your to-do list, write a not-to-do list, suggests Ann Daly, Ph.D., author of Clarity: How to Accomplish What Matters Most (Wollemi Pine Press). Note those tasks that don't mean a lot—say, the neighbors' open house. (No need to explain. If pressed, tell them, "We've got something else on the calendar.") Also include basics: Don't overspend, overschedule or do things solely out of obligation.

Watch for warning signs that you're in overdrive, says
Shelley Carson, Ph.D. "If your heart rate increases, or you feel irritable or impatient, have trouble sleeping or are indulging in stress eating," she says, "you've got to find ways to slow down." Meaning, delete

things on your to-do list that aren't essential to what you truly value.

Stop every so often—try on the hour or each time you're alone—to go within and connect with your spirit, whether by meditation, prayer or thinking about what's good in your life.

Be aware of anxious thoughts
("This is too much! I'll never
get it all done!") and replace
them with positive ones ("I can do
this. I'm good at this."). Stress
comes from the negative messages
your mind churns out. You don't
have to let yourself go there.

Make rest, good nutrition and exercise priorities. Think of your energy level as a bank account you don't want to overdraw.

# **CUSTOM FIT**

Members of **Momster.com** share the traditions that make their holidays relaxing and enjoyable.

» When dinner's done, it's "dirty Santa" at our house. Everyone brings a wrapped grab bag gift. We put them in a pile and take turns either choosing one, or taking away what someone else has already opened. Before long, we're all laughing hysterically. At the end, we swap for what we want, and everybody's happy. —BethOry

» The last few days before Christmas I visit the stores, but not to shop. Instead, I go because I love the hustle and bustle and the music and energy. I sip a coffee, stroll at my pace and savor the holiday spirit.

-SheCallsMeKitty

» Each night of Hanukkah we have a different theme. After we say the blessings and light the candles we might play board games, read new books out loud or, if it's the weekend, watch several DVDs. And one night instead of exchanging gifts we all go shopping for a charity like Toys for Tots or the local food bank. —JJ5

» After the partying is done, I write myself an e-mail about the good, the bad and the ugly of the season. Then, for next year, I have a heads up on which of my experiments could be repeated and which I should skip.

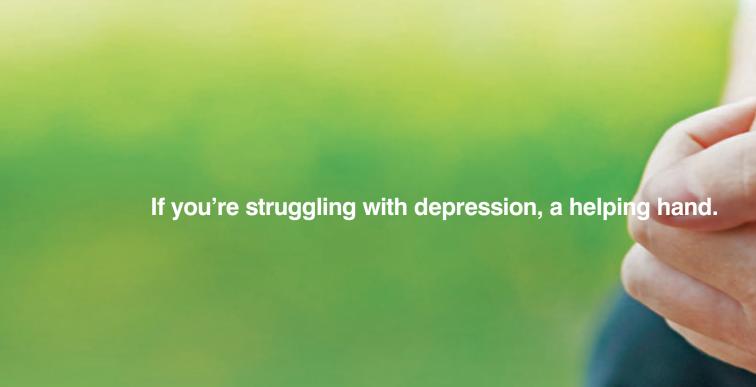
-RaidercatMom

» Two days before the winter solstice—which will be on December 21 this year—we light a candle in honor of all who sacrificed in the past to make our lives better. The next night we light a second one for those who are currently giving their all. On the solstice day itself we light a third and pray that we may have the opportunity to be of service to

others in the year to come.

-Mrsncook





# Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

That's why we'd like you to know about the Cymbalta Promise program, designed to help you get started on Cymbalta. Try Cymbalta for up to 60 days. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment.

Talk to your doctor about Cymbalta and the Cymbalta Promise program.

To learn more about the Cymbalta Promise program and to enroll, visit our website at www.cymbaltapromise.com or call 1-877-CYMBALTA.

# Cymbalta is approved for the treatment of depression.



If you need assistance with prescription costs, help may be available.
Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

# Important Safety Information About Cymbalta

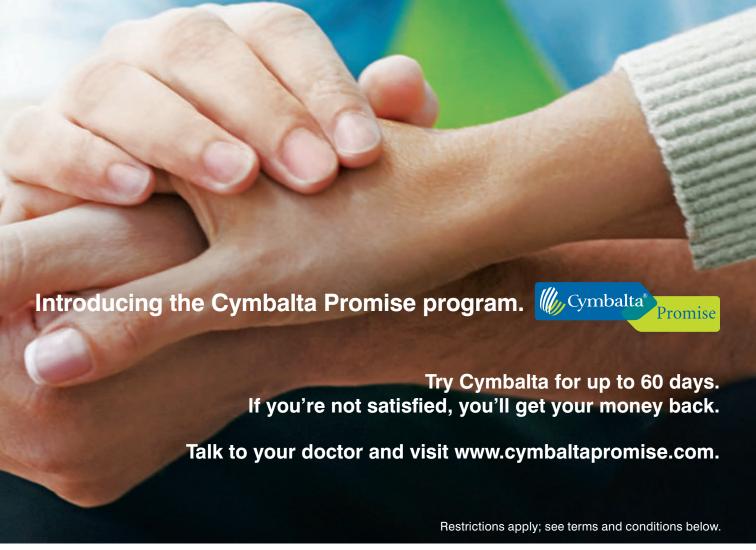
Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

# Cymbalta® (duloxetine HCI) is not for everyone. Do not take Cymbalta if you:

- Have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril<sup>®</sup> (thioridazine)
- Have uncontrolled narrow-angle glaucoma (increased eye pressure)

### Talk with your healthcare provider:

- About all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported



### **Important Safety Information (continued)**

- · About your alcohol use
- About all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- If you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- · Before stopping Cymbalta or changing your dose
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta
- If you are pregnant or plan to become pregnant during therapy, or are breast-feeding

# Most common side effects of Cymbalta (this is not a complete list):

 Nausea, dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness

# Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

# See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.





# Information For Patients About Cymbalta

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

### What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

### Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

# What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems.
   Severe liver problems, sometimes fatal, have been reported
- · About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

# What should I avoid while taking Cymbalta?

 Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

# What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, and fibromyalgia), the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch,

# What should I do if I think I have taken an overdose of Cymbalta?

or call 1-800-FDA-1088.

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

### How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

### General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.
   Additional information can be found at www.cymbalta.com.

Eli Lilly and Company Lilly Corporate Center Indianapolis, IN - USA

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## **MAKE YOUR SEASON A LITTLE BRIGHTER**

# Win fabulous prizes from Family Circle and our partners!

**TEXT TO WIN** It's easy using SNIPP mobile technology. To enter, text each unique prize code to 76477 (S-N-I-P-P). Every text gives you another chance to win one of these great prizes!



## Win a \$2,500 Shopping Spree!

Text FC HOLIDAY to 76477 to enter for a chance to win a \$2,500 American Express gift card.



WIN A GIFT BASKET FILLED WITH A SELECTION OF PICTURE FRAMES AND PLEDGE® PRODUCTS, COURTESY OF PLEDGE®.



**Text FC PLEDGE to** 76477 to enter for a chance to be one of five lucky winners.

Welcome the holidays with that little extra touch only Pledge® can offer. Pledge® cleans and shines much more than you'd expect in your home: from wood to stainless.

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WIN A TURKEY AND ROASTING PAN COURTESY OF HONEYSUCKLE WHITE<sup>®</sup> AND SHADY BROOK FARMS® TURKEY BRANDS.



**Text FC PAN to 76477** to enter for a chance to be one of five lucky winners.

Your purchase of **ANY** Honeysuckle White or Shady Brook Farms turkey product helps support our company's contribution of \$250,000 to Feeding America®, the nation's leading domestic hunger-relief charity. Learn more at facebook.com/ honeysucklewhiteturkey and facebook.com/shadybrook farmsturkey.







WIN A \$50 AMERICAN **EXPRESS GIFT CARD**, **COURTESY OF** ARM & HAMMER®.



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Switch to ARM & HAMMER®. You'll never go back! ARM & HAMMER® Plus OxiClean® Power Gel, the only one with Baking Soda and twice the OxiClean® Stain Fighters. All the clean you need at a fraction of the cost.

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**Text FC LUMIX to** 76477 to enter for a chance to be the lucky winner.

Capture the holidays like never before with the Lumix ZS7 camera. Featuring incredible 16x intelligent zoom, vivid HD video and GPS capability. To learn more about the ZS7 and other Lumix cameras, visit www.panasonic.com/lumix



#### You can also enter for your chance to win these great prizes at familycirclepromo.com.

Subject to Official Rules at www.familycirclepromo.com. Enter at www. familycirclepromo.com or text the word "FC HOLIDAY" to 76477 to enter the Holiday One Sweepstakes, or text the word "FC PAN" to 76477 to enter the Holiday Two Sweepstakes or text the word "FC PLEDGE" to 76477 to enter the Holiday Three Sweepstakes, or text the word "FC AH" to 76477 to enter the Holiday Four Sweepstakes or text "FC LUMIX" to enter the Holiday Five Sweepstakes. Message and data rates apply to text entries. No purchase necessary to enter or win. The "Family Circle Holiday Grab Bag Promotion" begins at 12:01 AM ET on November 12, 2010 and ends December 31, 2010. Entries must be received by 11:59 p.m., E.T., on December 31, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 18 years or older. One entry per person regardless of method of entry. Void where prohibited. Sponsor: Meredith Corporation



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Neutra Air® Fabric Mist. It kills 99.9% of bacteria

Introducing Lysol® Neutra Air® Fabric Mist. It kills 99.9% of bacteria

off surfaces like couches and pillows, while eliminating odor

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off surfaces like couches and pillows. on soft surfaces like couches and pillows, while eliminating odors at soft surfaces like of some source better than Febreze.\* So now, a fresh home is the sign of a healthy home. For tips on a healthy home, visit lysol.com/missionforhealth



\*vs. Febreze Fabric Refresher Extra Strength, Linen & Sky fragrance and Meadows & Rain fragrance. Febreze is a registered trademark of Procter & Gamble Co.





→ TO JOE, the experience of outsmarting a fish by using the right technique is worth more than a flaky fillet sizzling in an iron skillet.

When Joe was about 7 and first starting Little League, he walked up to me one day after practice and said, "Dad, is it okay if I bat from both sides of the plate? That would be more fun." I all but whooped, "Of course, son! Of course you can!" I immediately imagined him as Shoeless Joe Tuttle, the switch-hitting phenom. The thought bubble over my head fast-forwarded to my moment of glory decades later—with me walking up to the podium to introduce Joe as he was inducted into the Baseball Hall of Fame.

But a funny thing happened on my way to Cooperstown. After a couple of years of crushing the ball—did I mention he batted lefty and righty?—Joe decided he wasn't coming along with me. I still

remember the day he delivered his harsh verdict: "Baseball is boring and stupid." In retrospect there had been hints along the way. The first time I took him to a Major League game, Joe ate his way through the concession stand from cotton candy to hot dogs—plural—to Cracker Jacks to Dippin' Dots. He asked to leave in the third inning, and threw up immediately upon arriving home.

I didn't realize it at the time, but this would be the first of many lessons from my son that I'd take to heart, and it would establish a very distinct pattern: Joe following his own passions, not someone else's expectations. His cold appraisal of baseball forced me to reexamine why it is I love the game so much. Most of my

memories are traumatic. I still remember my first at-bat in Little League. I have a giant head, so our burly coach had to use all his strength to pull open the helmet ears; then he clapped them on my big melon like a vice. With the wind whistling through the ear holes, I walked up to the plate and prayed that I'd make an out quickly so I could rush back to the bench and pry the thing off. My wish came true when the way-too-earlyto-reach-puberty mustachioed pitcher struck me out in three. At least I think they were strikes. They sounded like it, anyway. Another time the older players told me and some other rookies that the catcher's protective plastic jock cup was a device that helped you breathe better, so the three of us took turns putting the cup up to our faces, inhaling deeply, while the older guys tried their best to hold it together without laughing.

Despite all that, and despite my being the tenth best player on a nine-man team in one of the remotest parts of Virginia, I still thought I'd go on someday to join my favorite team, the Cincinnati Reds. I worshipped the Reds because a) they were awesome and b) the radio signal came in clear as a bell in the mountains where I grew up. So not only was I terrible, I was also delusional.

Joe, on the other hand, has always sifted coolly through the facts at hand, discarding pastimes (even the national one) that he doesn't enjoy, following his own bliss. In rapid succession he moved from Pokémon to Yu-Gi-Oh! to PSP to Wii, all of them strange new worlds that left me baffled. When he bothered to look up from the handheld games or cards, I was treated to long monologues—something about Zelda and a silver bridge and 57 levels and Easter eggs—I could barely follow. I felt dumb, and shut out from his internal world.

One day this spring we decided to go to Walmart and get him his own fishing pole. We'd fished off and on, but once he had his own rod and reel, Joe began tossing that line anywhere he could find in suburban Virginia—a tiny stream near Wendy's that miraculously held big catfish; the Potomac, where he outfoxed a bass; creeks teeming with sunfish beside



the bike trail. The sharp, methodical, hungry brain he once applied to Nintendo turned its attention to the silent world underwater. Within what seemed like a week, he was an expert. He knew where to find specific fish, their mating and eating habits, at what depth he would catch them. Finally, we'd found something we enjoyed doing together.

But, like baseball, he has his own ideas about the rules of the game. Joe's policy is strictly "catch and release." To him, the experience of outsmarting a fish by using just the right bait or technique is worth more than a flaky, mouth-watering fillet sizzling in an iron skillet. Maybe he's right. Maybe a little mercy midstream is manlier than killing everything you come in contact with. It's a crazy concept, but I'm willing to consider it.

That doesn't mean he can't learn from the old guys. On one trip with my father, three generations of Tuttles waded out into a river, slipping and sliding on rocks and up to our knees in the rushing current. Dad saw a nice spot by an old stump and showed Joe where to cast. As soon as his spinner lure hit the water, a huge trout—I'm talking Moby Trout here—jumped up and took the bait. We didn't have a net so we held on to one another Three Stooges—style while Joe struggled to ease the fish toward shore.

He fought the once-in-a-lifetime behemoth for a couple of minutes before it wiggled free and disappeared forever. We all moaned and groaned, but only my dad and I knew the chances of catching another trout that size in that river were slim to none. I've never seen one that big in a lifetime of fishing there. Our expectations were tarnished by experience, but Joe's eager and enthusiastic mind wasn't polluted by such negativity. He figured he would just catch an even bigger one that day or maybe the same one again next time around.

I realize it wasn't the first time Joe's optimistic take on life had surprised me. About four years ago I was diagnosed with cancer, and I dreaded the day when I had to sit down and tell him and his older sister, Grace, that I had a malignant tumor. The doctors, I said, thought they got to it early, and I was probably going to be okay. Instead of getting upset, he jumped up, pumped his fist in the air and yelled, "Yeah!! My dad beat cancer!!" Then he went to school the next day and bragged to his whole class like I had done something heroic, when, truthfully, I was just lucky. He saw that 2 plus 2 equaled 4, where I thought 2 plus 2 equaled where are my car keys and what else can go wrong today? He looks forward, at all that went right, and I look backward, at how it nearly all went wrong.

So now I'm the envy of parents of 12-year-old boys everywhere for somehow weaning my kid off Nintendo—at least a little—and into the real, natural world. I'd like to take some credit for it. But Joe did it himself. He pushed aside childish things when he felt ready for something more. In the process, he gave me a great gift: time with him, without a console and impenetrable rules clouding the space between us.

And Joe just keeps on giving. We were fishing the other day when I noticed his favorite lure (the one he nicknamed "Best Friend" because it catches so many fish) was missing from his tackle box. He said he let his buddy borrow it, along with a pole. "You need to make sure you get them back right away," I said sternly. "It's just not okay for him to do that." Joe paused for a second before answering. "Well, his mom's in the hospital because of cancer, so I thought I'd let him hang on to them for a while." I teared up a little sitting there on the bank of the river, embarrassed by my tough, knee-jerk reaction, and so proud of my son. Looking over at him, I thought of all the things he'd taught me. Give back to the world what you don't need. Make your own rules. Be kind. But most of all, he'd figured out what we often forget in the increasingly crass way we seem to celebrate Christmas these days-that the best gifts in life don't come from a department store.

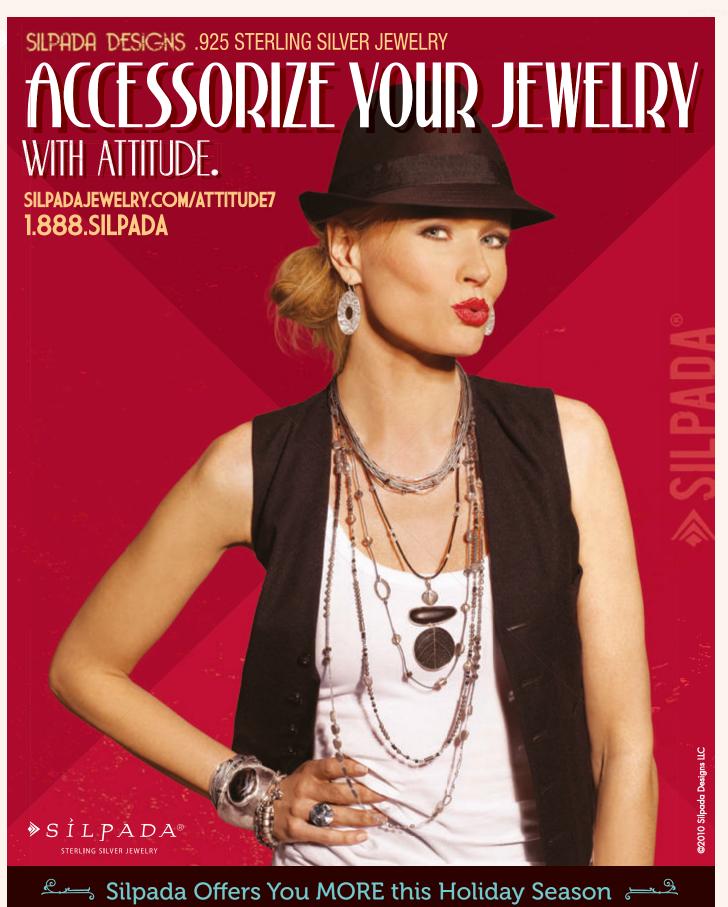
# → AS SOON AS his spinner lure hit the water, a huge trout—I'm talking Moby Trout here—jumped up and took the bait.



# How can the rest of your day possibly get any better?



The best part of your day starts with warm toasty **Eggo® Nutri-Grain®** Waffles, made with whole grain.



When you book a Silpada Party in January or February, you can receive an extra \$50 or \$100 in FREE jewelry! Locate a Representative today by calling 1.888.SILPADA (745-7232) or visiting silpada.com and start planning your new look!



Black is back! The Victorians popularized black jewelry in the 19th century as part of their mourning look. Fast-forward to 2010, and there's nothing sad or gloomy about it. A black lacy peasant blouse layered with gleaming jet necklaces and bracelets is totally modern and just right for a sophisticated evening look. Lace bodysuit, Only Hearts by Helena Stuart. Multi-strand necklace, teardrop necklace, coil bracelet, Carolee. Tassle necklace, Coldwater Creek. Cuff, ABS by Allen Schwartz. All makeup by Sonia Kashuk.

Steal the spotlight and make your face the main focus with a pair of chandelier earrings. It's just the right amount of bling to let you shine at your holiday party.





TIP OFF

Master a festive mani with polish pointers from Suzi Weiss-Fischmann, executive VP and artistic director of OPI.



1

Look sophisticated in sparkle: Today's glittery polishes are grown-upfriendly, thanks to the small particle size of the flecks. They're fun to coordinate on hands and feet. Wearing gold glitter on toes? Try brown on nails. Silver glitter goes well with pearly white.

2

Don't skimp on before and after steps. Two musts: Always put on a base coat (especially with sparkly shades—they're often harder to remove), and apply cuticle oil nightly. "No matter how glamorous the nails are, nothing is more unattractive than dry, white cuticles," she says.

3

Wear a deep shade close to burgundy for a rich look that works well with the textures of this season's clothes. Don't worry about your skin tone—nothing is taboo these days!

**GLISTEN UP** 

Instead of using shimmer as a finishing touch to your makeup, apply luminizer before blush or bronzer for a natural, lit-from-within glow, says celebrity makeup artist Mally Roncal.

# WELL RED

1 The bright pop of color I get from Chanel Rouge Coco Lip Colour in Paris (\$30) is an instant mood-lifter. A great way to get the party started. —Linda Moran Evans, beauty and fashion director

2 I've never been much of a gloss gal, but Avon's Pro Color & Gloss Lip Duo (\$10) has changed my mind. Apply lipstick, squeeze gloss from center and you've got a nice bit of shine for a polished pout.

—Juli Alvarez, fashion editor

A quick swipe of Liptini Lip Liqueur Lip and Cheek Stain in Maraschino (\$18) in the A.M. and the deep cherry tint looks just as good hours later. —Dori Katz, associate beauty & fashion editor

#### » EDITORS' PICKS «

\$85

Red lips are always in style—and the perfect complement to just about any outfit. Pucker up with our faves.

4 I literally draw on crimson lips with Sonia Kashuk Velvety Matte Lip Crayon in Rosey Nude (\$8). The color is buildable so I can add just a touch to keep it looking natural or make a statement by layering on a deep hue. —Amanda Flores, beauty & fashion assistant

I keep Maybelline New York Shine Sensational Lip Gloss in Cherry Kiss (\$6) in my purse at all times—a super-sheer red that goes with everything and never overpowers.

—llana Blitzer, beauty editor



116 DEC 2010 familycircle.com



# Wrap your home in Winter Luxury.™

Experience our new Air Wick® Scented Oils, bursting with indulgent, seasonally inspired essential oils that wrap the whole room in luxurious scent. Also available in new Scent Ribbons™ candles.















THE HAIR → High-impact retro waves can be fuss-free. Start by blow-drying damp hair with a smoothing lotion—try John Frieda Root Awakening Strength Restoring Smoothing Lotion, \$6.50. If your hair is curly, use fingers to gently pull out some of the natural springing ringlets as you dry. For naturally straight locks, you need to build texture, says Murphy. Part hair down the middle, and start wrapping wide sections of hair around a ¾" curling iron—only curl up to about eye level. Immediately after, wrap the section around a medium-size roller to set the look, he says. Wait 10 minutes, comb through and spritz with hairspray. A good one: Sebastian Professional Shaper Zero Gravity Hairspray, \$17.

THE WEAR → What's old is new again—you can update almost anything in your closet with this short, 1930's-inspired look. Something strappy—but not too exposed—complements this above-the-shoulder 'do.

Earrings, ABS by Allen Schwartz. Dress, Maggy London. All makeup, Maybelline.

→ FamilyCircle.com See which celebs are wearing these 'dos at familycircle.com/celebhair

Glamorous curls like
these seem to be a
throwback to another
era, but the sophisticated
style is so right now.





worldmags

# Seasonal Solutions

# Find options for holiday hair that lasts with Pantene's customized solutions

Pantene Pro-V gives you options to make the hair you love last and last, taking you from a hectic day of holiday shopping to cocktails by candlelight. The scientists at Pantene have discovered four unique hair structures that benefit from customized solutions: Fine, Medium-Thick, Color, and Curly. Choose the Pantene Pro-V products that are right for your type, and achieve healthy hair—a holiday gift, to be sure!



# Add Festive Flair to Your Hair with Celebrity Stylist Danilo

#### IF YOUR HAIR IS FINE...

- For fa-la-la-la fullness in your holiday photos, start with Pantene Pro-V Fine Hair Solutions Flat to Volume Shampoo and Conditioner.
- 2. Gently towel dry, then run a blow dryer quickly over your whole head, leaving it slightly damp.
- 3. Apply Pantene Pro-V Fine Hair Style Triple Action Volume Mousse.
- 4. Dry hair completely, then roll it in hair rollers. Apply Pantene Pro-V Fine Hair Style Lasting Volume Hairspray and hit the rollers with a hair dryer. Unroll, and voila! A whole new Vixen.



#### IF YOUR HAIR IS MEDIUM-THICK...

- Go silky for your next soiree with Pantene Pro-V Medium-Thick Hair Solutions Frizzy to Smooth Shampoo and Conditioner.
- Work Pantene Pro-V Medium-Thick Hair Style Straighten & Smooth Crème into wet locks to smooth frizz and prepare hair for styling.
- Blow dry with a flat brush upside down, then sweep into a sleek updo for a formal fête, or wear it loose for a family affair.
- 4. Finish with Pantene Pro-V Medium-Thick Hair Style Anti-Humidity Hairspray and your favorite holiday accessory.







The Pantene Beautiful Lengths campaign encourages people to grow, cut and donate their healthy hair to make real-hair wigs for women who have lost their hair to cancer treatment. In celebration of *Tangled*, Walt Disney Animation Studios' 50th full-length animated feature, the world's leading hair-care brand is celebrating the iconic mane of golden-haired Rapunzel to raise awareness of its Pantene Beautiful Lengths campaign. We encourage YOU to make the kindest cut of all and donate your hair!

To find out more, visit BEAUTIFULLENGTHS.COM







basics behind and sizzle up your style with hot new holiday looks.

PHOTOGRAPHY BY TOM CORBETT BY JULI ALVAREZ

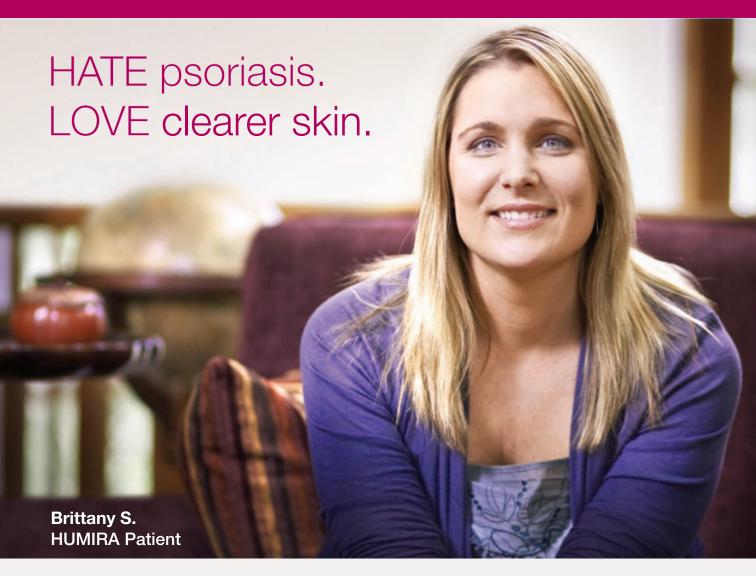












# **HUMIRA** could help your moderate to severe chronic plaque psoriasis.

#### Who is HUMIRA for?

HUMIRA is used to treat moderate to severe chronic (lasting a long time) plaque psoriasis in adults who are under the ongoing care of a physician, have the condition in many areas of their body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills). When considering HUMIRA, your physician will determine if other systemic therapies are medically less appropriate.

#### Clearer skin is possible with HUMIRA.

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks. Your results may vary.

# Ask your dermatologist if HUMIRA is right for you. Learn more at HUMIRA.com or call 1.800.4HUMIRA

HUMIRA is taken by injection and available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1.800.FDA.1088.

If you cannot afford your medication, contact: www.pparx.org or call the toll-free phone number (1.888.4PPA.NOW) for assistance.

With the HUMIRA PROTECTION PLAN your co-pay could be \$5 a month.\*



\*Eligibility and other restrictions apply to co-pay program.

#### Important Safety Information<sup>1</sup>

## What is the most important information I should know about HUMIRA?

- Serious infections. HUMIRA can lower your ability to fight infections.
   Serious infections have happened in patients taking HUMIRA.
   These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body.
   Some patients have died from these infections. Your doctor should test you for TB before starting HUMIRA, and monitor you closely for signs and symptoms of TB during treatment with HUMIRA.
- Certain types of Cancer. There have been cases of unusual cancers in children and teenagers using TNF-blocker medicines. For children and adults taking TNF-blocker medicines, including HUMIRA, the chance of getting lymphoma or other cancers may increase. Some patients have developed non-melanoma skin cancer; tell your doctor if you have a bump or open sore that doesn't heal.

## Tell your doctor about all of your health conditions, including if you:

- ✓ Think you have an infection. Don't start HUMIRA if you have any kind of infection.
- ✓ Are being treated for infection, or have signs of an infection, such as fever, cough, or flu-like symptoms
- ✓ Have any open cuts or sores
- ✓ Get a lot of infections or have infections that keep coming back
- ✓ Have diabetes
- ✓ Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
- ✓ Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
- ✓ Have or have had hepatitis B
- ✓ Take other medicines, especially Kineret (anakinra). Some medicines that suppress the immune system may increase your risk of serious infections.
- ✓ Are scheduled for major surgery
- ✓ Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
- ✓ Have heart failure or other heart conditions
- ✓ Have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines.
- ✓ Are allergic to rubber, latex, or any ingredients of HUMIRA
- ✓ Are pregnant, planning to become pregnant, or breastfeeding

Call your doctor right away if you have an infection or any sign of an infection while on HUMIRA.

#### **HUMIRA** can cause other serious side effects, including:

- Allergic reactions.
- Hepatitis B virus reactivation in patients that carry the virus in their blood.
- Nervous system problems.
- Blood problems.
- New heart failure or worsening of heart failure you already have.
- Immune reactions including a lupus-like syndrome.
- New psoriasis or worsening of psoriasis you already have.

**Common side effects of HUMIRA include** injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections, headaches, rash, and nausea.

# These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

Reference: 1. HUMIRA injection [package insert]. North Chicago, IL; Abbott Laboratories.

# Please see additional Patient Information on the following pages.

# Talk to your dermatologist about

# HUMIRA adalimumab

# An example of 75% skin clearance.

For illustrative purposes only. Your results may vary.





In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks.

### **HUMIRA®** (HU-MARE-AH) (adalimumab)

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL
PRESCRIBING INFORMATION

#### **Patient Information**

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment with HUMIRA.

# What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

# Before starting HUMIRA, tell your doctor if you:

- think you have an infection. You should not start taking HUMIRA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, or flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret.
- are scheduled to have major surgery

**After starting HUMIRA, call your doctor right away** if you have an infection, or any sign of an infection, including:

a fever

- feel very tired
- a cough
- flu-like symptoms
- · warm, red, or painful skin
- open cuts or sores on your body

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

#### Certain types of Cancer.

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including HUMIRA, the chances of getting lymphoma or other cancers may increase.
- Some patients receiving HUMIRA have developed types of cancer called nonmelanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of HUMIRA?" below for more information.

#### What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used in adults or children (as indicated) to:

- · Reduce the signs and symptoms of:
- moderate to severe rheumatoid arthritis (RA) in adults. HUMIRA can be used alone or with methotrexate or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
- moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children 4 years of age and older. HUMIRA can be used alone or with methotrexate or with certain other medicines
- psoriatic arthritis (PsA). HUMIRA can be used alone or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
- ankylosing spondylitis (AS)
- moderate to severe Crohn's disease (CD) in adults who have not responded well to other treatments.

 Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps) in adults who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

People with these diseases have too much of a protein called tumor necrosis factor (TNF) in the affected areas of the body. HUMIRA can block the bad effects of TNF in those affected areas, but it can also lower the ability of the immune system to fight infections. See "What is the most important information I should know about HUMIRA?" and "What are the possible side effects of HUMIRA?"

# What should I tell my doctor before taking HUMIRA?

# Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See "What is the most important information I should know about HUMIRA?"
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have heart failure or other heart conditions. If you have heart failure, it may get worse while you are taking HUMIRA.
- have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. HUMIRA should only be used during a pregnancy if needed. Women who are breastfeeding should talk to their doctor about whether or not to use HUMIRA.

Pregnancy Registry: Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret. Also, tell your doctor if you are taking other medicines that suppress the immune system.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

#### **How should I take HUMIRA?**

See the section, "How do I prepare and give an injection of HUMIRA?" at the end of the Medication Guide that comes with HUMIRA for complete instructions for use.

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated.
   Do not inject HUMIRA more often than prescribed.
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection.
- If you take more HUMIRA than you were told to take, call your doctor.
- Do not miss any doses of HUMIRA. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. To help you remember when to take HUMIRA, you can mark your calendar ahead of time with the stickers provided in the back of the Medication Guide.

# What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

See "What is the most important information I should know about HUMIRA?"

Serious infections.

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you

may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)
- Allergic reactions. Signs of a serious allergic reaction include a skin rash, a swollen face, or trouble breathing.
- Hepatitis B virus reactivation in patients who carry the virus in their blood. In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with HUMIRA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
- feel unwell
- poor appetite
- tiredness (fatigue)
- fever, skin rash, or joint pain
- Nervous system problems. Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- Blood problems. Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- New heart failure or worsening of heart failure you already have. Symptoms include shortness of breath or swelling of your ankles or feet or sudden weight gain.
- Immune reactions including a lupuslike syndrome. Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may go away when you stop HUMIRA.
- Psoriasis. Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.

Common side effects with HUMIRA include:

- Injection site reactions such as redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. If you have pain, redness or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.
- Upper respiratory infections (including sinus infections)
- Headaches
- Rash
- Nausea

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

#### **General information about HUMIRA**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

For more information go to www.HUMIRA. com or you can enroll in a patient support program by calling 1-800-4HUMIRA (448-6472).

Rev. July, 2010 Ref: 03-A329-R21 U.S. Govt. Lic. No. 0043

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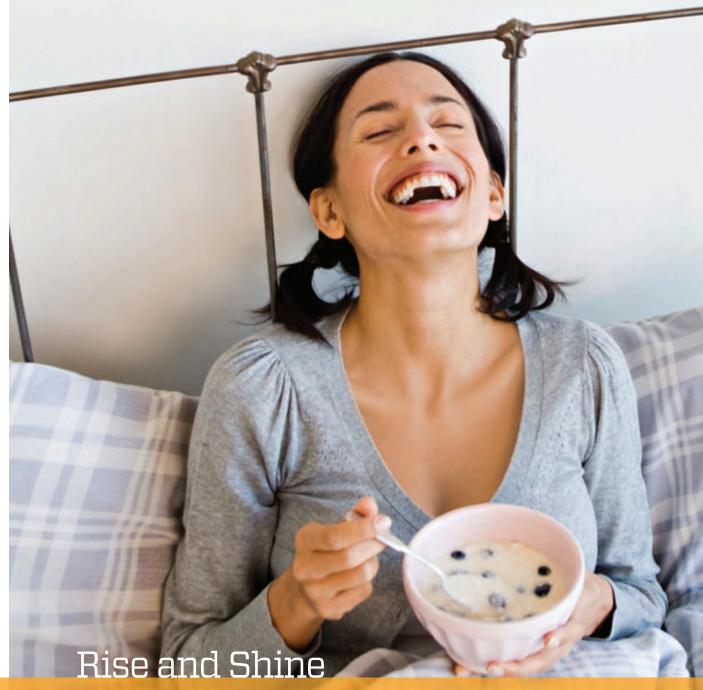
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# HEALTH

→ SMART WAYS TO LIVE WELL → STRATEGIES FOR EATING RIGHT → EASY FITNESS PLANS



A healthy morning meal will benefit your body all day long, say researchers at the Mayo Clinic in Rochester, Minnesota. Breakfast eaters concentrate better, and are more likely to consume the proper amounts of vitamins and maintain a healthy weight. So begin your day with foods high in fiber and protein, like egg whites in a whole-grain wrap, whole-grain cereal with skim milk, low-fat yogurt with blueberries or cottage cheese on whole-grain toast.

→ BY JANE BIANCHI

# ease **JOINT PAIN**

If your hands and feet hurt when you use them or are often stiff, you might find relief by moving them more. A new study reports that arthritis patients who get about 30 minutes of gentle cardio (walking or water aerobics) five times a week experience fewer painful symptoms than those who sit still.



I KEEP HEARING IN THE NEWS **ABOUT BEDBUGS. HOW CAN I PREVENT THEM FROM INVADING** MY HOME?

.....

Bedbugs are showing up in cities and small towns across the country. Though the pests they may bite you while you sleep, causing itchy, red at bay, inspect any before bringing it home, and when staying in hotels, on racks or in check all of your

don't carry diseases, welts. To keep them pre-owned furniture place your luggage dressers instead of on the bed or floor. At home, regularly mattresses and box springs (especially along the seams) for tiny brown, purple or black spots, which are bedbug droppings. If you suspect you have an infestation, call a pest control agency immediately.

→ BLACK MAGIC Move over, blueberries, there's a new superfood in town: black rice. One spoonful of this nutty-flavored grain contains more antioxidants, but has no sugar and more fiber than the equivalent amount of blueberries. Prepare like brown rice, or crush and sprinkle onto cereal or

add to cookie batter. Sometimes called Forbidden Rice (because in ancient China only nobles were allowed to eat it), it's sold at amazon.com.

# A DISEASE DOCTORS MISS

Endometriosis, which can lead to cysts and fertility problems, affects over 5 million women in the U.S. It occurs when uterine tissue grows around the ovaries, bowel and bladder. "Symptoms are sometimes confused with G.I. conditions like irritable bowel syndrome," says Andrew Cook, M.D., a gynecologic surgeon in Los Gatos, California. "So it often gets misdiagnosed or goes undiagnosed." Speak with your gynecologist if you notice these red flags.



#### **Painful Periods**

Severe cramping that causes you to miss work or social events especially pain that gets worse with each menstrual cycle.



#### **Heavy Flow**

A period so heavy that you have to wear both a tampon and a pad—you may even bleed between periods.



#### **Abdominal** Discomfort

Abnormal aches during ovulation (the second week of your cycle), intercourse, or while having a bowel movement or urinating.



#### Constant **Fatique**

Feeling tired all the time. even when you're regularly getting a full night's sleep.

# Always running to the bathroom?

Maybe your internal plumbing isn't working like it should. This guiz can help you talk to your doctor about it.

When I go out, I always make sure there's a bathroom nearby.	YES NO
Once I get the sudden urge to go, I can't wait.	
I wear pads sometimes because I worry I might accidentally leak.	
I've had enough, and I'm ready to do something about my urges and leaks.	

If you answered "Yes" to any of these, tear out this quiz and talk to your doctor about your results. Only your doctor can determine if you have overactive bladder. Once-daily VESIcare is proven to reduce frequent, sudden urges and leaks.\* That's because it can help control your bladder muscle, day and night. So ask your doctor about taking care with VESIcare. \*Results may vary.

#### **USE AND DOSE**

VESIcare is for urgency, frequency, and leakage (overactive bladder). The recommended dose of VESIcare is 5 mg once daily. If the 5-mg dose is well tolerated, your doctor may increase the dose to 10 mg once daily.

#### **IMPORTANT SAFETY INFORMATION**

VESIcare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESIcare. VESIcare may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, stop taking VESIcare and get emergency help. Tell your doctor right away if you have severe abdominal pain, or become constipated for three or more days. VESIcare may cause blurred vision, so use caution while driving or doing unsafe tasks. Common side effects are dry mouth, constipation, and indigestion.

Please see important product information on the following page.





If you don't have prescription coverage. visit pparx org, or call 1-888-4PPA-NOW (1-888-477-2669)

First 30-day prescription Take care with free<sup>†</sup> at vesicare.com, or call (800) 403-6565.

(solifenacin succinate)



Subject to eligibility. Restrictions may apply.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Patient Information
VESIcare" – (VES-ih-care)
(solifenacin succinate)
Read the Patient Information that comes with VESIcare before you start taking it and each time you get a refill. There may be new information. This leaflet does not fake the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESIcare is right for you.

What is VEStacre?

VEStacre is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency"
- Having a strong need to go to the bathroom right away, also called "urgency"
- Leaking or wetting academts, also called "urinary inconfinence"

VEStacre has not been studied in children.

VESIcare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESIcare?

Do not take VESIcare if you:

Are not able to empty your bladder (also called "urinary retention")

Have delayed or slow emptying of your stomach (also called "gastric retention")

- Have an eye problem called "uncontrolled narrow-angle glaucoma"
   Are allergic to VESIcare or any of its ingredients. See the end of this leaflet for a complete list of ingredients

- leaflet for a complete list of ingredients

  What should I tell my doctor before starting VESIcare?

  Before starting VESIcare tell your doctor or healthcare professional about all of your medical conditions including if you:

  Have any stomach or intestinal problems or problems with constipation

  Have trouble emptying your bladder or you have a weak urine stream

  Have an eye problem called narrow-angle glaucoma

  Have liver problems

  Have kidney problems

  Are pregnant or trying to become pregnant (It is not known if VESIcare can harm your unborn baby)

  Are breastfeeding (It is not known if VESIcare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed

  Before starting on VESIcare, tell your doctor about all the medicines

or toke VESicare, but not both)

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

You should take one VESicare tablet once a day

You should take one VESicare with liquid and swallow the tablet whole

You can take VESicare with a without food

If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare the same day

If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away

What are the possible side effects with VESicare?

Control Center or emergency room right away
What are the possible side effects with VESIcare?
VESIcare may cause allergic reactions that may be serious. Symptoms
of a serious allergic reaction may include swelling of the face, lips,
froat or tongue. If you experience these symptoms, you should stop
taking VESIcare and get emergency medical help right away.
The most common side effects with VESIcare are:

- Blurred vision. Use caution while driving or doing dangerous activities
until you know how VESIcare affects you

- Dry mouth
- Constipation. Call your doctor if you get severe stomach area
(abdominal) pain or become constipated for 3 or more days
- Heat prostration. Heat prostration (due to decreased sweating) can
occur when drugs, such as VESIcare, are used in a hot environment
Tell your doctor if you have any side effects that bother you or that
do not go away.

Tell your doctor it you have any side effects that bother you or that do not go away.

These are not all the side effects with VESIcare. For more information, ask your doctor, healthcare professional or pharmacist.

How should 1 store VESIcare?

\* Keep VESIcare and all other medications out of the reach of children

\* Store VESIcare at room temperature, 50° to 86°F (15° to 30°C).

Keep the bottle closed

\* Safely dispose of VESIcare that is out of date or that you no longer need

Keep ine Dome closed

Safely dispose of VESicare that is out of date or that you no longer need

General information about VESIcare

Medicines are sometimes prescribed for conditions that are not mentioned
in patient information leaflets. Do not use VESIcare for a condition for
which it was not prescribed. Do not give VESIcare to other people, even
if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESIcare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESIcare that is written for health professionals. You can also call (800) 727-7003 tall free, or visit www.VESIcare.com

What are the ingredients in VESIcare?

Active ingredient: solifenacin succinate

Inactive ingredients: locates monohydrate, com starch, hypromellose 2910, magnesium stearrate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESIcare tablet) or red ferric oxide (10 mg VESIcare tablet)

Rx Only

Manufactured by: Astellas Pharma Technologies, Inc. Norman, Oklahoma 73072 Marketed and Distributed by: Astellas Pharma US, Inc. Deerfield, Illinois 60015-2548 Marketed by: GlaxoSmithKline Research Triangle Park North Carolina 27709



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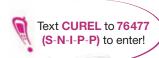
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New Curél® Itch Defense® lotion instantly relieves dry, itchy skin and helps control future flare ups, with Advanced Ceramide Therapy. Dermatologist, Pediatrician and Allergist tested, this fragrance-free lotion helps relieve symptoms of eczema and received the National Eczema Association Seal of Acceptance™.

Subject to Official Rules and entry at www.familycirclepromo.com, or text the word "CUREL" to 76477. Message and data rates apply to text entries. No purchase necessary to enter or win. The "Beautifully Healthy...Inside and Out" Sweepstakes begins November 8, 2010, and ends December 31, 2010 ("Promotion Period"). All entries must be received by 11:59 pm, E.T., on December 31, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 18 years or older. One entry per person with a valid email address Void where prohibited. Sponsor: Meredith Corporation.





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Losing Weight But Can't Get Rid of

# Belly Bulge?

Getting rid of stubborn belly fat can take more than diet and exercise alone... Popular "feel-good" pill may be solution.

ou diet... you exercise... you're even losing weight. But take a look in the mirror... you still have that unsightly belly bulge. Twenty pounds lighter and you still look... well... fat! How in the world can that be possible?

Stress. That's right... stress! As it turns out, the same diet that's helping you lose weight might actually be causing you to retain figure-destroying belly fat. That's because dieting is stressful. You worry about what to eat... when to eat... how much to eat. All that worry leads to "diet stress."



**66** Excess tummy flab may not be your fault: That's the startling conclusion reached by scientists who discovered the likely cause of stubborn belly fat. "

And, as we all know by now, even ordinary, everyday stress can cause your body to increase or retain belly fat. That's why you can go on a diet, lose weight, but still look thick around the middle.

So what are we to do? Millions of women are turning to weight-control "adjuncts" or "add-ons." These groundbreaking compounds are not really diet pills in the true sense of the word. Instead, they help traditional diet and exercise programs reduce tummy bulge by controlling dietrelated stress and anxiety... the same stress and anxiety that can lead to stubborn belly fat retention (not to mention that all-time diet killer "Nervous Binge Eating").

Over the past five years, the most popular "Belly Fat" pill has been Relacore® (from the Carter-Reed Company™). Relacore has sold more than 12.7 million bottles worldwide and is affectionately called "America's #1 Selling 'Belly Fat' Pill." Relacore has a great track record... and it wouldn't be America's #1 selling "Belly Fat" pill five years running if people didn't love it.

Let's face it, you not only want to lose weight, you want to look good... and looking good means a thinner waist and flatter tummy.

So if you're ready to go on a diet, or if you're already losing weight and having a hard time getting rid of your stubborn stress-related belly bulge, try this exceptional tummy-flattening feel-good pill. America's most popular weight-control "adjunct," Relacore.

As they say in all the ads... "It's easy... you'll love it."



**ORDER NOW:** 1-800-518-4505 or visit www.Relacore.com

Remember: Your satisfaction is 100% guaranteed. If, for any reason, you are not totally satisfied with the power of Relacore, simply return the empty container within 30 days for a full, prompt, no-questions-asked refund!

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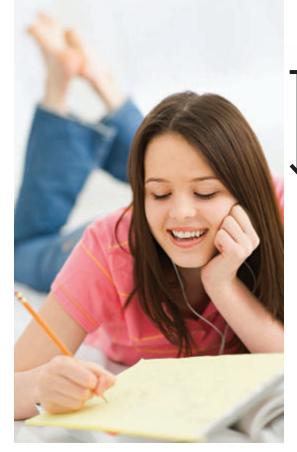
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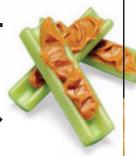
Crystal®, the world's original mineral salt deodorant, forms a natural barrier that prevents body odor all day rather than mask it chemically. Crystal goes on lightly, is hypoallergenic, aluminum chlorohydrate-free, won't stain clothes or leave a white residue. Recommended by Cancer Treatment Centers. Try unscented or lightly scented. Available at Walgreens, CVS, Rite Aid, Albertsons, Duane Reade, Discount Drug Mart, Ulta, Fred Meyer Nutrition, Hannaford, Meijer, ShopRite, Bartell Drugs, Harris Teeter, Kerr Drugs, Kinney Drugs, Wegmans, Soap.com and Drugstore.com. Call 1-800-829-ROCK (7625). F/T Ltd., Box 756, Millbrae, CA 94030. thecrystal.com and www.Facebook.com/CrystalDeo.

## $\longleftrightarrow$

#### IS IT OKAY THAT MY 11-YEAR-OLD STUDIES WHILE LISTENING TO MUSIC?

Probably not. A new study found that background music—whether it's rap or Mozart—can interfere with memorization. Teens who prepared for a test in silence performed better than those who tried to concentrate while music was playing. But don't confiscate the headphones just yet. Other research has shown that rocking out *before* studying may actually improve brain function. So just make sure your child turns off the tunes when it's homework time.





## SNACK

Eating more may help your kid weigh less. Teens who consume at least four healthy snacks a day are 60% less likely to be overweight or obese. Grazing may prevent kids from becoming so hungry that they overeat at mealtime. Here, a week's worth of after-school options.

#### 98 calories

4 celery sticks with 1 tablespoon of peanut butter

. . . . . . . . .

#### 98 calories

½ cup low-fat plain yogurt with ¼ cup blueberries

#### **120 calories**

8 whole-grain Wheat Thins crackers with 1 slice of 2% American cheese

#### **85** calories

8 blue corn tortilla chips with 2 tablespoons of salsa

## 95 calories

½-ounce box of raisins mixed with ¼ cup Wheat Chex cereal

# The number of kids who are abducted by strangers each year in the U.S. To sign up for free e-mail alerts that will let you know about child predators in your zip code, visit amberwatchalert.org.



## Eyes Wide SHUT

When kids emulate rock stars their parents may worry, but it's not always a health risk. Unfortunately, the latest fad, oversize eyes that look like Lady Gaga's in a video, may be dangerous. In the clip, the singer's pupils are enlarged by computer-generated effects; in real life girls buy contact lenses online that make their eyes appear just as cartoonish. Sold without a prescription, these "circle lenses" aren't designed to fit the user's eyes, so they can cause abrasions, infections and blindness. Bottom line: "Don't let your kid wear them," says Michael Repka, M.D., a pediatric ophthalmologist at Johns Hopkins University.

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## Sometimes, the best defense is a good offense.

Sometimes of the corner of the old and flu season sold and sold and flu season sold and flu seaso eliminating 99.9% of bacteria and viruses.\*\* It also works on both hard and soft surfaces\*\*\* It's just another way Lysol does more for you, no matter the season. For tips on a healthy home,

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#### **DIET SUCCESS**

→ BY KATHLEEN CORLETT

#### [SMART SWAP]



#### **PUT DOWN**

Bacon Ranch Chicken with Salsa Quesadilla

1,520 calories, 93 g fat



#### **EAT UP**

Guiltless Grill Classic Sirloin

340 calories, 9 q fat

YOU SAVE 1,180 calories, 84 g fat!

#### **HOW I LOST IT**

NAME **Melissa Swanner** Home Portsmouth, Ohio Age 38
HEIGHT 5'2" PREVIOUS WEIGHT 234 CURRENT WEIGHT 123 POUNDS LOST **111** 



Before →

Want to share your weight-loss story? E-mail dietsuccess@ familycircle.com. Please include photos. Check out more successes at familycircle.com/howilostit **» I have fun with exercise.** One of my favorite workouts is playing a dynamic video game like Wii Fit or EA Sports Active. My 16-year-old daughter and I often do one of the half-hour stepaerobics circuits together.

I invested in weight-loss
 tools. When I started dieting,
 I made two important

purchases: a CalorieKing reference book, which lists calorie counts for everything, and a digital food scale so I can measure serving sizes of fruit, cereal and meat. They were inexpensive but a huge help.

» I make healthy swaps when baking. To lighten up a chocolate chip banana muffin recipe, for example, I leave out the

nuts, replace oil with sugar-free applesauce and cut the sugar in half. The muffins are still sweet and delicious, and just 100 calories each.

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## If you could turn back time...



Our first and only complete line of nutritional supplements designed to help you age well.



"Who doesn't wish they could turn back time to live a younger, healthier life? Five factors influence your health and longevity. Except for the genes you inherit, four factors are in your control: your nutrition, activity level, environment and degree of emotional stress in your life. While you can't stop aging, more and more we're finding that your nutrition has a tremendous impact on how well you age through gene activation and gene protection."

GNC nutrition experts worked with Dr. Maroon to develop GNC Longevity Factors, a unique line of seven nutritional supplements that support very specific aspects of aging.

GNC Longevity Factors is designed to ensure you receive the key nutrients that either provide antioxidant cellular protection, muscle supporting gene activation or fight premature cell aging.

Advanced, high-potency formulas, clinically researched ingredients and powerful polyphenols, such as resveratrol, work to decrease cell damage and support heart health, eye health, brain health, memory, strength and agility.

<sup>\*</sup>When used in conjunction with exercise. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.888.462.2548 or visit GNC.com for the store nearest you. ©2010 General Nutrition Corporation. May not be available outside the U.S. Ad: Arnell





WHEN ONE HEART GOES HEART HEALTHY, TWO HEARTS CELEBRATE.



## (without gaining a pound)

The holidays get a bad rap for wreaking havoc on willpower and waistlines. In reality, the average American gains only 1 pound during the month of December. The problem is, it's weight that is never lost. But you can embrace the season (sweets and all) and not tip the scale. It's all about making some tweaks to your favorite recipes, simple swaps and healthy choices.







by allison baker photography by levi brown



→ Workout in the Kitchen Take a break from cooking to do biceps curls with a can of vegetables (2 sets of 10 reps for each arm). → Drink Wisely If your calendar is packed with holiday parties and you don't want to be a teetotaler, opt for lower-calorie options like white wine (113 calories) or a light beer (103 calories).





## **CALLING** ALL WARRIORS

Join Ford in the fight against breast cancer. Visit fordcares.com to shop Warriors in Pink apparel. The best part - 100% of the net proceeds go to Susan G. Komen for the Cure®.





WARRIORS IN PINK®

POWERED BY FORD

#### → CALORIE COUNTDOWN

The typical American gobbles down a whopping 3,000 calories at a holiday feast.

While you can't work that off-it would require walking about 30 miles-you can make a few small changes to cut out 1,000 calories from your meal.

SAVE

Volunteer to make the mashed sweet potatoes and season them with cinnamon or ginger instead of topping with butter and marshmallows.

SAVES → 120 CALORIES

Try not to take a huge helping of turkey (or ham)-4 ounces (the size of a deck of cards) is enough. Dark meat lovers should swap some for white meat. And if you must have a piece with skin, have just one.

SAVES → 250 CALORIES



→ Prepare in Advance On days you know you'll be having a big meal, eat a light breakfast like fresh fruit and whole-grain toast.



150 DEC 2010 familycircle.com





Ford has been making a difference in the fight against breast cancer for 16 years, dedicating over \$105 million to the cause. How can you help? Be informed and stay healthy. And gear up at **fordcares.com**. When you buy Warriors in Pink® apparel like Jillian, Alison and Bob are wearing, **100% of the net proceeds goes to Susan G. Komen for the Cure**.



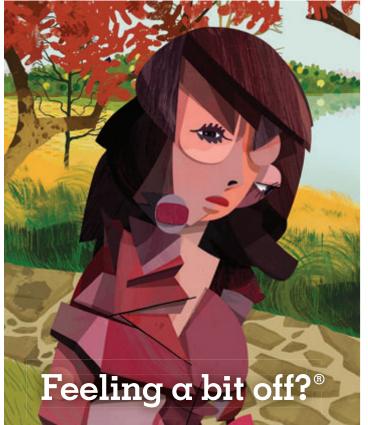
Tune in to *The Biggest Loser*, Tuesday, November 23, at 8/7c on NBC, to see the special Ford Warriors in Pink episode.

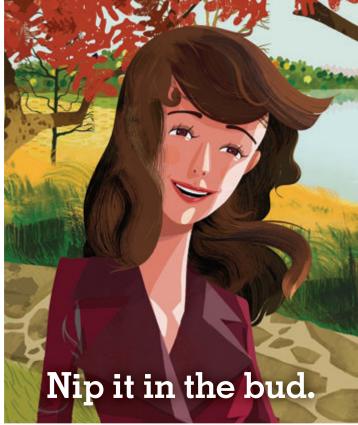
Enter for a chance to win the 2011 Edge at **nbc.com/warriorsinpink**.

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. MUST BE LEGAL RESIDENT OF THE 50 UNITED STATES (D.C.), 18 YEARS OR OLDER TO ENTER. Void where prohibited. Sweepstakes ends 12/31/10. For entry and official rules with complete eligibility, prize descriptions, odds disclosure and other details, visit www.nbc.com/warriorsinpink. Sponsored by Ford Motor Company, One American Road, Dearborn, MI 48126, U.S.A.









The moment you feel achy or run-down, nip flu-like symptoms in the bud with Oscillo. Get Oscillo. And feel like yourself again.





Now available, Children's Oscillo





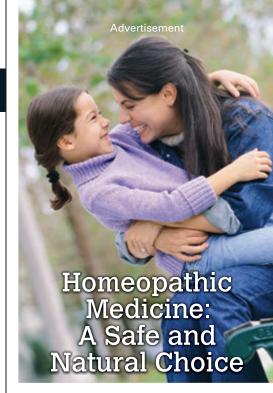
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Always read and follow label directions.

BOIRON





For 65 years, families around the world have relied on Oscillococcinum® to nip flu-like symptoms in the bud. Oscillo® works best when taken at the first sign of feeling achy, run down, fever or chills. Its melt-away pellets are convenient, easy to take, and taste great. Oscillo is also available as Children's Oscillococcinum®.

With a natural honey base, Children's Chestal® is your day and night solution for most common coughs. Both Children's Oscillococcinum and Children's Chestal are safe for little bodies two years and older. They work naturally without drowsiness, and they won't interact with other medications, so there's no risk of overdose.



Visit Oscillo.com or ChildrensChestal.com to learn more.

#### → YOUR FAVORITES DONE LIGHT

We asked the women of our social network, Momster.com, to dish on the festive foods

that test their willpower, then called in registered dietician Susan Mitchell, Ph.D., a member of our Health Advisory Board, to suggest some healthy makeovers.

I can eat mounds of mashed potatoes made with extra butter and dripping in gravy.

—chocolateknitter

MITCHELL→ Prepare your mashed potatoes with evaporated skim milk for comparable creaminess. Sub in a light butter made with canola oil. This lowers saturated fat, but keeps them flavorful.





#### I love anything with chocolate or cream cheese. —lindamom110

MITCHELL→ Instead of milk chocolate, go for dark—the flavor is intense so you'll eat less. In recipes, swap unsweetened block chocolate for cocoa powder and oil (1 tablespoon of cocoa plus 1 tablespoon of oil replaces 1 ounce of unsweetened baking chocolate). Use light cream cheese to save a third of the fat.



Momsters' biggest diet downfalls:

Cakes, cookies and pie—I can't say no!

**66**%

It's not food but wine that does me in

**18%** 

Potatoes with an insane amount of butter

**12%** 

One word: gravy

Food styling: Megan Schlow.

hydrogenated oil. They'll still be crispy, but you'll reduce fat and calories.

Latkes-nothing like them

in the world, but I eat them

of all the grease. -JJ5

MITCHELL→ Pan-fry your latkes instead of totally immersing them

in oil. Go with peanut oil, which is more heart healthy than partially

only one week a year because

→ Grab an Appetizer at Home Eat a small but satisfying snack with protein and fiber—an apple and some yogurt or a small handful of nuts—before heading to a party.



Get your first full prescription of ADVAIR free.\*
And save on refills.

See your healthcare provider and find out if ADVAIR is right for you.



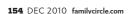
#### Visit advair.com

See our adjacent ad for more information about ADVAIR.

\*Subject to eligibility.
Restrictions apply.
See advairCOPD.com
for complete eligibility rules.



ADVAIR DISKUS 250/50 (fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)





To get your first full prescription FREE and to save on refills; visit ADVAIR.com or call 1-800-520-4197.

#### Important Safety Information

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.
- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms. Do not use ADVAIR DISKUS if you have a severe allergy to milk proteins. Ask your doctor if you are not sure. Do not use ADVAIR with long-acting beta, agonists for any reason.
- People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you
  notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased
  cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur.
- Tell your doctor about the medicines you take and about all of your medical conditions. Some people may experience increased blood pressure, heart rate, changes in heart rhythm, or chest pain with ADVAIR.
- \*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. †Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.









#### ADVAIR DISKUS\*

(fluticasone pronionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

#### What is the most important information I should know about ADVAIR DISKUS?

#### ADVAIR DISKUS can cause serious side effects, including:

- People with asthma who take long-acting betagadrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- · Get emergency medical care if:
- breathing problems worsen quickly and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.
- ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
- 3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
- Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

#### What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
- Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

#### **Asthma**

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who:

- are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
- have sudden asthma symptoms.

#### **COPD**

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

#### Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

• to treat sudden, severe symptoms of asthma or COPD

 if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

#### What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- · have liver problems
- · have osteoporosis
- · have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

#### How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose.
   Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- . Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, shortacting bronchodilator, call your healthcare provider to have one prescribed for you.

#### Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

#### What are the possible side effects with ADVAIR DISKUS?

- ADVAIR DISKUS can cause serious side effects, including:
- See "What is the most important information I should know about ADVAIR DISKUS?"
- serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
- rash
- hives
- swelling of the face, mouth, and tongue
- breathing problems
- sudden breathing problems immediately after inhaling your medicine
- · effects on heart
- increased blood pressure
- a fast and irregular heartbeat
- chest pain
- · effects on nervous system
- tremor
- nervousness
- reduced adrenal function (may result in loss of energy)
- changes in blood (sugar, potassium, certain types of white blood cells)
- weakened immune system and a higher chance of infections
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS.
- slowed growth in children. A child's growth should be checked often.
- pneumonia. People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:

COPD-

throat

changes

headache

· throat irritation

· thrush in the mouth and

hoarseness and voice

muscle and bone pain

viral respiratory infections

- increase in mucus (sputum) production
- change in mucus color
- fever
- chills
- increased cough
- increased breathing problems

  Common side effects of ADVAIR DISKUS include:

#### Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and
- throat
- bronchitis
- cough
- headache
- nausea and vomiting

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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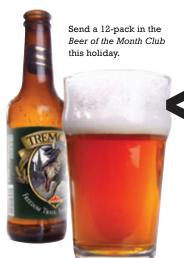
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OraMoist is a small patch that adheres to the roof of the mouth, then slowly dissolves, moisturizing for hours. Xylitol and enzymes are added to improve oral health. Works day or night! Buy at Walgreens, Rite Aid. Store finder/coupons www.OraMoist.com. Free Trial Size 1-800-448-1448.





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easily remove burned on food. Available at Walmart®, Target®, Publix® and leading retailers nationwide. To learn more, call 1-800-837-8140 or visit Weiman.com.



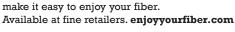
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# SAUSAGE AND EGG BURRITO IN 1.5 SECONDS



A HEARTIER BREAKFAST IS QUICKER AND EASIER
WITH JIMMY DEAN FULLY COOKED SAUSAGE CRUMBLES.

Shine On



Hearty, leafy escarole thrives during colder months. It's inexpensive and a great source of vitamin A and folate. For a delicious salad, combine a large head escarole, chopped; 2 cans (11 ounces each) mandarin oranges, drained and liquid reserved; and ½ head of fennel, thinly sliced. Whisk together 3 tbsp reserved mandarin liquid, 1 minced shallot, 1½ tbsp lemon juice, ½ tsp sugar and ¼ tsp each salt and pepper. Slowly whisk in 3 tbsp olive oil. Drizzle dressing over salad, toss and serve immediately.



### **MIXED BAG**

Motherboard moms say you can't go wrong serving Chex Mix at holiday parties. Bowlfuls of this simple version are guaranteed to be a crowd favorite.

#### **CHEX PARTY MIX**

MAKES 10 cups PREP 5 minutes BAKE at 250° for 1 hour

- 1/4 cup (1/2 stick) margarine or butter
- 11/4 teaspoons seasoned salt
- 4½ teaspoons Worcestershire sauce
- 8 cups Chex cereals (corn, rice and/or wheat)
- 1 cup salted mixed nuts
- 1 cup pretzel sticks
- 1 Heat oven to 250°.
- ② Place the margarine or butter in a roasting pan. Bake in 250° oven until butter melts. Stir in salt and Worcestershire sauce.
- ③ Gradually add cereal, nuts and pretzels, stirring until evenly coated with butter mixture.
- Return to 250° oven and bake for 1 hour, stirring every 15 minutes.
- (5) Spread onto paper towels to cool. Store in airtight container.

the**motherboard**™ a million women strong



**HOME SWEET HOME** → A classic gingerbread house is great, but we can't help loving Brand Castle for thinking outside the box with their kit for a Rice Krispies version. The set, which makes two adorable houses, includes the works: a pan, cereal, mini marshmallows, spice drops, icing pens and more. Amazon.com, \$10

FC PICKS→

#### SEASON'S EATINGS

Despite our permanent sugar high in December, we're always looking for new treats. This year we're hooked on iconic flavors with unique twists.

#### Divine Milk Chocolate with Spiced Cookies Bar

Make a difference by buying from this fair trade company, co-owned by cocoa farmers who grow their beans in the Ghana rainforest. Borders, \$3.60

#### Snyder's York Peppermint Pretzel Sandwich Dips

Two delicious snacks come together in one addictive bite. Chocolaty sweetness, a touch of salt and a refreshing mint taste add up to a tantalizing combo. Grocery stores, \$3.70

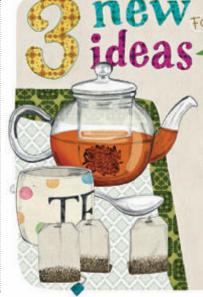
#### See's Cinnamon Lollypops

Spice things up with this festive box of eight pops from the popular candy brand. A smooth mix of cinnamon, brown sugar and butter ensures they're not too hot.

Sees.com, \$5.20

#### Cranberry Sweets Cranberry Fudge Thi

Cranberry Fudge This family-owned Oregon company specializes in everything cranberry. The most unique is fudge, which is flavored and colored with pure fruit juice and walnuts. Cranberrysweets.com, \$15



- ① Brew 4 tea bags in 2 cups boiling water for 10 minutes; stir in 2 tbsp lemon juice and 2 tsp brown sugar; cool. Marinate 1 lb thin boneless chicken breasts in tea for 6 hours. Add chicken and marinade to skillet, cover and simmer 8 minutes.
- ② Brew 6 Earl Grey tea bags in 2 cups boiling water for 10 minutes; stir in 1 cup sugar. Place tea, 3 peeled and cored Bosc pears, cut-side down, in a skillet. Simmer, covered, 20 minutes.
- ③ In 2 quarts water, steep 6 tea bags, 1 cinnamon stick and 12 cloves for 5 minutes. Strain. Stir in 1 cup sugar, 1 cup orange juice and juice of 1 lemon. Serve cold.



# LEFTOVE RIVERSION





#### SAVORY HERB-CRUSTED TURKEY POT PIE

Prep: 15 min. Cook: 10 min. Bake: 25 min. Makes: 6 servings

- 1 egg
- 1 tbsp. water
- 6 cups diced cooked turkey or chicken
- 5 cups frozen mixed vegetables or 2 tbsp. butter
- 1/2 cup all-purpose flour

- 2 cups Swanson® Chicken Stock
- ¼ tsp. ground black pepper
- 1/2 of a 17.3-oz. pkg. Pepperidge Farm® Puff Pastry
- Sheets (1 sheet), thawed
- your favorite frozen vegetable blend 2 tbsp. coarsely chopped fresh herbs (parsley, thyme and/or oregano)
- 1. Heat oven to 400°F. Beat egg and water in small bowl with fork.
- 2. Stir turkey and vegetables in 13 x 9" baking dish.
- 3. Heat butter in 2-qt. saucepan over medium heat. Add flour and cook and stir 3 min. Gradually stir stock into saucepan. Cook and stir 5 min. or until mixture boils and thickens. Stir in black pepper. Pour stock mixture over turkey mixture.
- 4. Unfold pastry sheet on lightly floured surface. Roll pastry sheet into 13 x 9" rectangle. Place pastry over filling. Press pastry to rim to seal. Brush pastry with egg mixture and sprinkle with herbs.
- 5. Bake 25 min. or until pastry is golden brown and filling is hot and bubbling.

THE SECRET IS SWANSON® 100% NATURAL CHICKEN STOCK

# Good-for-you ideas from Regina Ragone, our food director/registered dietician

#### IN THE KITCHEN WITH REGINA

## Party On!

Let's get something out of the way right now: I'm not about to launch into the usual December advice you're tired of hearing—never go to a party hungry, avoid eggnog like the plague, stick to raw veggies but not too much dip. All that emphasis on what you shouldn't do is so not fun—and I want you to have fun! So my gift to you is to share the strategies that have served me well over the years. I hope you find that they work for you too.

#### HOLIDAY BISCOTTI

MAKES 48 cookies PREP 30 minutes CHILL 2 hours BAKE at 350° for 30 minutes; at 325° for 14 minutes COOL 1 hour

① In a large bowl, beat 2 tablespoons butter with an electric mixer on medium to high speed for 30 seconds. Add 1 cup granulated sugar, ½ teaspoon baking powder, ½ teaspoon baking soda and ½ teaspoon salt. Beat until combined,

Cover and chill dough 2 hours or until easy to handle.

② Heat oven to 350°. Lightly grease a cookie sheet; set aside. Divide dough in half. Shape each portion into a 12-inch-long loaf. Place loaves about 3 inches apart on prepared cookie sheet; flatten slightly to ¾ inch thick.

③ Bake at 350° for 25 to 30 minutes or until lightly browned and toothpick inserted near centers comes out clean. Cool on cookie sheet for 1 hour.

(5) Blend 1 cup confectioners' sugar and 1½ tablespoons water. Drizzle over biscotti; let dry.

PER COOKIE 65 calories; 1 g fat (0 g sat.); 1 g protein; 12 g carbohydrate; 1 g fiber; 39 mg sodium; 1 mg cholesterol



\* Prioritize. For me, that's following my practically ironclad rule of not eating cupcakes and similar treats during office parties, because I'm not a big sweets person. I'd much rather have a glass of wine and some great cheese. But if you look forward to the Christmas cookies your co-worker bakes once a year, by all means, blow your calories on them. It's about making conscious choices, not mindlessly munching.

**Focus.** Have you ever had a full plate of food in front of you, only to look down a few minutes later to find it gone? In all likelihood, you ate while you were talking to someone or doing

something else, like watching TV, which leads to overeating. So try to really concentrate. Appreciate how the food looks before you put it in your mouth. Take the time to chew every bite. Identify the flavors and textures. Stop and savor between bites. I quarantee you will eat less without feeling deprived.

**\* Sleep.** Proper zzz's are a key factor in weight management, yet holiday obligations often stand in the way of a nice eight-hour stretch. Science has shown that how much you snooze, and the quality of your rest, may affect hormonal activity that boosts your appetite. On nights you aren't at a party until the wee hours, turn in early. If you are out late, try to nap the next day when your energy flags, instead of using a big snack as a pick-me-up.

**Drink.** The festive one-two punch of alcohol and salty foods means you need to down lots of H<sub>2</sub>O to stay hydrated. Don't use alcohol to quench your thirst; have a glass of water or seltzer before your wine or cocktail and another glass in between libations. This will make it easier to limit alcoholic drinks to two per night—you'll feel better and slimmer in the morning.

**Experiment.** If you equate the holidays with baking, fine. Just adjust your favorites to be a bit lighter (see recipe, left). Cut sugar by a third, switch in some whole-wheat flour for white and sub applesauce or prune puree for butter and oil. If you like giving home-baked gifts, wrap them up ASAP so you're not tempted to help yourself.



scraping side of bowl occasionally. Beat in ½ cup refrigerated egg product, ½ teaspoon vanilla and ¼ teaspoon almond extract. Beat in as much of 2¼ cups all-purpose flour as you can with the mixer. Stir in any remaining flour, 1 cup dried cranberries, ¾ cup pistachio nuts and ½ cup chopped apricots.





#### WHAT A SUGAR COOKIE CAN BE.



Mint Chocolate Chip Cookies



Almond Poppy Tea Cookies



Red Velvet Cookies



Start with Betty Crocker Sugar Cookie Mix and you can go way beyond the sugar cookie with any of our amazing holiday recipes.

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#### Mint Chocolate Chip Cookies

Prep: 40 Min.

**Start to Finish:** 40 Min. **Makes**: 36 cookies

#### What You'll Need:

1 pouch Betty Crocker® sugar cookie mix

½ cup butter or margarine, softened

½ to ½ teaspoon mint extract

6 to 8 drops green food color

1 egg

1 cup creme de menthe baking chips 1 cup semisweet chocolate chunks

- 1. Mix cookie mix, butter, extract, food color and egg in bowl, until soft dough forms. Stir in creme de menthe baking chips and chocolate chunks.
- 2. Using small cookie scoop or teaspoon, drop dough 2 inches apart on ungreased cookie sheet.
- 3. Bake at 350°F for 8 to 10 minutes. Cool 3 minutes; remove from cookie sheet to wire rack. Serve warm or cool completely. Store tightly covered at room temperature.

#### Chocolate Chip Biscotti

Prep: 20 Min.

Start to Finish: 1 Hr. 35 Min.

**Makes**: 22 cookies

#### What You'll Need:

1 pouch Betty Crocker® sugar cookie mix

1/3 cup butter or margarine, softened

1 egg

2 cups semisweet chocolate chips

¼ cup Gold Medal® all-purpose flour

½ cup toasted chopped hazelnuts

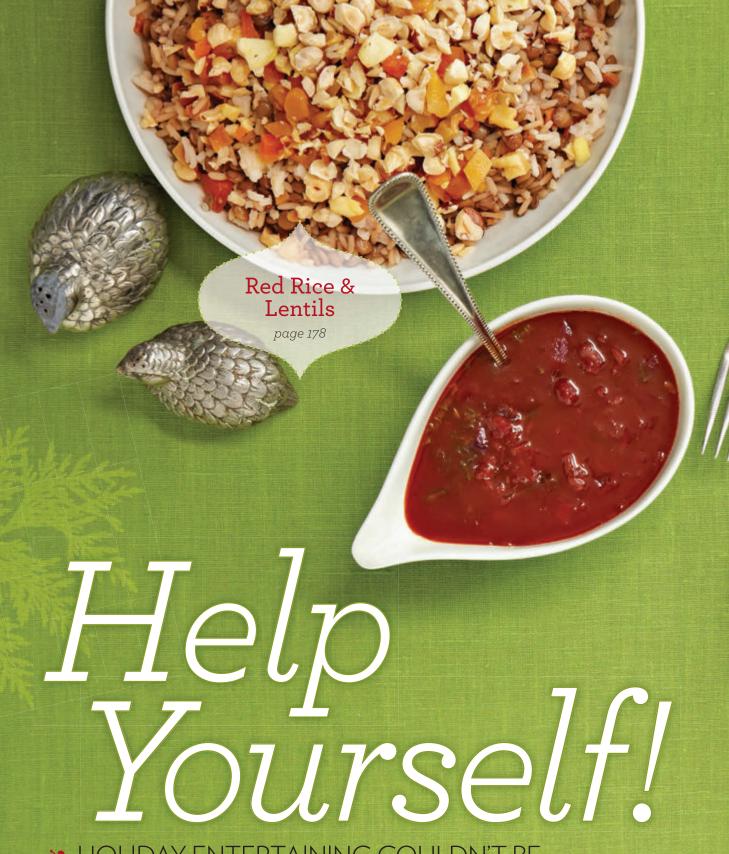
½ cup cherry-flavored dried cranberries, coarsely chopped

- 1. Make cookie dough blending cookie mix, butter, egg, flour, hazelnuts, cranberries and 1½ cups chocolate chips until stiff dough forms. Roll half of dough at a time into 8x2½-inch rectangle. Bake at 350°F for 20 to 25 minutes on ungreased cookie sheet. Cool 15 minutes.
- 2. Cut each rectangle crosswise into ¾-inch slices. Place slices, cut sides down, on cookie sheet. Bake 10 to 12 minutes, turning once, until crisp. Cool; place biscotti on cooling racks. Cool completely.
- 3. Microwave chocolate chips on High 30 to 60 seconds; stir until smooth. Drizzle chocolate over one side of each biscotti. Let stand until chocolate is set.

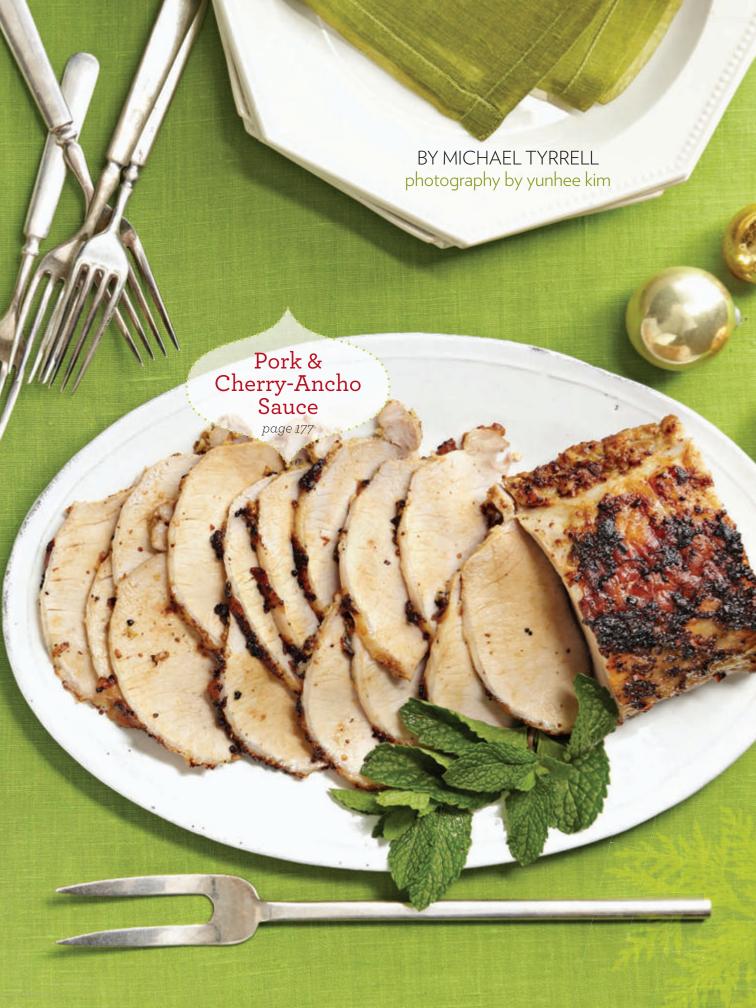
For more great recipes, go to

BettyCrocker.com/Cookies

For nutritional information, go to BettyCrocker.com



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Turn your kitchen into a holiday workshop where budget-friendly gifts are easily spun together. We've gathered the best Domino® Sugar holiday recipes along with easy, clever homemade gift ideas to help you create lasting memories.



#### Gingerbread House

- 1 ½ cups Domino® Light or 6 ½ cups flour Dark Brown Sugar
  - cup butter or margarine, softened
  - 4 eggs
  - 1 cup molasses
- - 1 teaspoon plus 1 tablespoon ground ginger
  - 1 tablespoon baking soda 1 teaspoon salt
  - 2 teaspoons cinnamon
- 1 teaspoon allspice
- 1/2 teaspoon ground cloves
- 1 teaspoon ground nutmeg

To prepare dough: Cream sugar and butter. Add eggs and molasses; mix. In separate bowl, combine dry ingredients. Gradually add to sugar mixture; blend well. Wrap and refrigerate dough 1-2 hours. See dominosugar.com for a gingerbread house template and complete details.

> For more recipes and gift ideas, visit dominosugar.com/giftideas



the Real Way
to do Sweet!





#### WILMA'S HOLIDAY TREE

Active time: 10 minutes excluding assembly and decorating

- 1/4 cup (1/2 stick) butter or margarine (not spread)
  1 pkg. (10-1/2 oz.) Miniature Marshmallows (6 cups)
  1 pkg. (11 oz.) POST Fruity or Cocoa PEBBLES Cereal
- container (16 oz.) ready-to-spread vanilla flavored frosting

SPRAY 13x9-inch pan with cooking spray.

MELT butter over low heat in large saucepan. Add marshmallows, stirring until completely melted. Add cereal; mix to coat well.

PRESS mixture firmly and evenly into prepared pan. Cool I hour in cool dry place. Using cookie cutters or star cutouts, carefully cut 2 of each size for a total of 10 stars. (Kids, ask an adult to help you.) SPREAD 1/2 of frosting on tray to resemble snow. Use remaining frosting to attach stars, stacking largest to smallest and rotating points of stars to make a tree. Decorate as desired. Makes I tree.

For more delicious recipes, visit www.postcereals.com/recipes





MAKES 4 small loaves, 24 servings PREP 20 minutes RISE 2½ hours BAKE at 350° for 30 to 35 minutes

- 1/4 cup warm water (105° to 115°)
- 1 package active dry yeast
- 3 teaspoons sugar
- 3 cups all-purpose flour
- 2 cups semolina flour
- 2 teaspoons salt
- 1½ cups warm water (105° to 115°)
- 1 egg white, lightly beaten
- 2 teaspoons poppy seeds
- 2 teaspoons sesame seeds
- ① Place ¼ cup of the warm water in a small measuring cup. Stir in the yeast and sugar. Allow to stand 5 minutes, until foamy.
- ② In a large bowl, whisk together both flours and salt. Make a well in the center and stir in yeast mixture and remaining 1½ cups water. Stir until dough forms. Turn out onto lightly floured work surface and knead dough until smooth and elastic, 6 to 8 minutes. Form into a ball.
- ③ Place the dough in a greased bowl; turn to coat evenly. Cover with plastic wrap and a clean towel. Let dough rise in a warm place 1½ to 1½ hours until almost doubled. Punch dough down; divide into 4 equal parts.
- ④ Grease four 3 x 5½-inch mini loaf pans. Roll 1 portion dough into a 6-inch square. Roll up jelly-roll style and place into a loaf pan seam-side down. Repeat with remaining dough and pans. Brush tops of loaves with egg white and sprinkle with the seeds. Cover and allow to rise 45 to 60 minutes or until almost doubled.
- (5) Heat oven to 350°. Bake loaves at 350° for 30 to 35 minutes, until lightly browned and the bread sounds hollow when tapped. Remove from pans to wire rack and allow to cool completely.

PER SERVING 113 calories; 0 g fat (0 g sat.); 4 g protein; 23 g carbohydrate; 1 g fiber; 197 mg sodium; 0 mg cholesterol





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#### McCormick® Gingerbread Men

3 cups flour 2 tsp. McCormick Ground Ginger

1 tsp. McCormick

Ground Cinnamon

1 tsp. baking soda

1/4 tsp. McCormick Ground Nutmeg

¼ tsp. salt

34 cup (1 ½ sticks) butter,

softened

3/4 cups firmly packed brown sugar

½ cup molasses

1 egg

1 tsp. McCormick

Pure Vanilla Extract

MIX flour, ginger, cinnamon, baking soda, nutmeg and salt. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; beat well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.

ROLL out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-inch cookie cutter. Place 1-inch apart on ungreased baking sheets.

BAKE in preheated 350°F oven 8 to 10 minutes or until edges of cookies are set and just beginning to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks; cool completely. Decorate as desired.

Visit mccormick.com to learn how to use this gingerbread dough for other delicious recipes: White Chocolate Kissed Gingerbread Cookies and Gingerbread Whoopie Pies with Lemon Crème.



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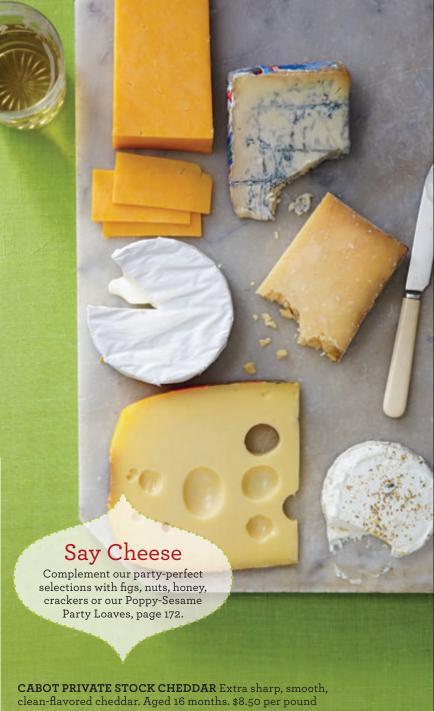
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GARCIA BAQUERO'S GRAN MAESTRE MANCHEGO Hard-pressed sheep's milk cheese from La Mancha region of Spain. Distinctive piquant-nutty flavor with just a hint of salt. \$14 to \$16 per pound

**PURPLE HAZE** (Cypress Grove Chevre) Award-winning goat cheese from California. Sweetness of lavender and fennel are good counterpoints to the natural acidity. \$5.75 (5-ounce package)

**JARLSBERG** Semi-soft cow's milk cheese that has a mild, nutty taste and creamy texture. \$7 to \$9 per pound

WOOLWICH DAIRY'S TRIPLE CREAM GOAT BRIE Luscious and buttery with a delicate earthy flavor (think mushrooms). \$7 to \$9 (6.5-ounce package)

## If pasta could fantasize, this would be noodle nirvana.



#### Newman's Own® All-Natural Alfredo Sauce.

Sure, all that fresh Italian cheese, crushed garlic, cracked black pepper and real cream is a bit decadent. We didn't skimp a bit with the all-natural ingredients. Which makes you think, if a noodle could use its noodle, Newman's Own Alfredo would have to be its fantasy.











#### ALL PROFITS TO CHARITY.



#### PORK & CHERRY-ANCHO SAUCE

MAKES 12 servings
PREP 20 minutes
ROAST at 400° for 65 minutes
COOK 3½ minutes
LET STAND 15 minutes

- 2 tablespoons olive oil
- 1 tablespoon grainy mustard
- 3 large cloves garlic, finely chopped Juice and zest of 1 lime
- center-cut pork roast, about 4 pounds
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- ½ cup chopped red onion
- 1½ teaspoons ancho chile powder
- 1 cup cherry preserves
- 1 tablespoon rice vinegar
- tablespoon chopped mint, plus more mint leaves to garnish
- ① Heat oven to 400°. Coat bottom of roasting pan with nonstick cooking spray.
- ② In a small bowl, stir together 1 tablespoon of the olive oil, mustard, garlic, lime juice and zest. Place pork roast in prepared roasting pan and rub mustard mixture over top and sides. Season with salt and pepper. Roast at 400° for 60 to 65 minutes or until internal temperature registers 150° on an instant-read thermometer.
- (3) In a small nonstick skillet, heat remaining tablespoon olive oil over medium heat. Add onion and cook 3 minutes; stir in chile powder and cook 30 seconds. Add preserves and simmer until melted, stirring occasionally. Add vinegar and remove from heat. Stir in mint. Set aside.
- Remove pork from oven; let stand 15 minutes before thinly slicing.



(5) Serve sliced pork with cherry sauce at room temperature.
Garnish with additional mint.

PER SERVING 307 calories; 10 g fat (3 g sat.); 33 g protein; 19 g carbohydrate; 0 g fiber; 150 mg sodium; 83 mg cholesterol

#### **SNAP PEA SALAD**

MAKES 12 servings
PREP 15 minutes COOK 4 minutes

- ¼ cup white balsamic vinegar
- 2 teaspoons Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 34 cup extra-virgin olive oil
- 2 teaspoons chopped fresh oregano
- 1½ pounds sugar snap peas, strings removed
- 2 cups grape tomatoes, halved
- 8 ounces bocconcini (small mozzarella nuggets), drained
- 1 cup slivered baby carrots
- ½ cup pitted kalamata olives, coarsely chopped
- $\frac{1}{3}$  cup slivered red onion
- ① In a small bowl, whisk together vinegar, mustard, salt and pepper. Drizzle in olive oil, whisking constantly. Stir in oregano. Cover and set aside.
- ② Bring a large pot of lightly salted water to a boil over high heat. Add snap peas and simmer 4 minutes, until crisp-tender. Drain and rinse under cold water.
- ③ Place snap peas in a large bowl. Add tomatoes, bocconcini, carrots, olives and red onion. Toss with ½ cup of the dressing. Serve additional dressing on the side or reserve for Red Rice & Lentils, page 178.

PER SERVING 189 calories; 14 g fat (4 g sat.); 6 g protein; 8 g carbohydrate; 2 g fiber; 310 mg sodium; 15 mg cholesterol



Add a salad.

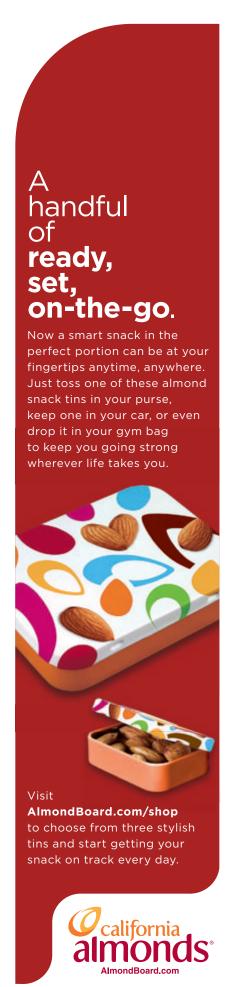
Your taste buds will thank you.

Add a fresh salad with delicious all-natural Newman's Own® dressing to your dish for the perfect meal.



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#### SHRIMP WITH TWO SAUCES

MAKES 12 servings
PREP 15 minutes
REFRIGERATE at least 1 hour

#### **CREAMY MANGO SAUCE**

- ½ cup prepared mango chutney
- 1 cup plain Greek yogurt
- 2 tablespoons lime juice
- 2 tablespoons chopped cilantro

#### HORSERADISH SAUCE

- ¾ cup light mayonnaise
- 1/4 cup ketchup
- tablespoon prepared horseradishSnipped chives (optional)
- 2 pounds cooked cold shrimp Lemon wedges, to garnish
- (1) Creamy Mango Sauce. Place chutney in a small bowl; chop any large pieces. Add yogurt, lime juice and cilantro. Cover and refrigerate at least 1 hour. Makes 1½ cups.
- (2) Horseradish Sauce. In a small bowl, whisk together mayonnaise, ketchup, horseradish and chives, if desired. Cover and refrigerate at least 1 hour. Makes 1 cup.
- 3 Spread half the shrimp on a platter with 2 sauces separated



into 2 bowls. Garnish with lemon; refresh shrimp as needed.

PER SERVING 152 calories; 7 g fat (1 g sat.); 14 g protein; 8 g carbohydrate; 0 g fiber; 425 mg sodium; 118 mg cholesterol

#### **RED RICE & LENTILS**

MAKES 12 servings PREP 10 minutes COOK 15 minutes

3½ cups reduced-sodium chicken broth

- cups red rice and lentil blend (such as Rice Select)
- 1 cup (4 ounces) chopped mixed dried fruit
- ½ cup toasted hazelnuts, chopped
- ① Place broth and rice in a medium-size saucepan and bring to a boil over high heat. Cover and simmer on low 10 minutes. Stir in fruit and cook another 5 minutes or until rice is tender.
- (2) Place rice on a platter; sprinkle with hazelnuts. Serve with extra dressing from Snap Pea Salad, page 177, if desired.

PER SERVING 186 calories; 4 g fat (0 g sat.); 4 g protein; 34 g carbohydrate; 3 g fiber; 155 mg sodium; 0 mg cholesterol



#### wine tastings

- ① Woodbridge Brut Sparkling Fresh citrus notes accented by soft yeast characteristics with flavors of green apple and lemon. Enjoy as an aperitif or with boldly flavored foods. \$10
- ② Blüfeld Medium-sweet Riesling with pleasant citrus and peach aromas. Mildly acidic; pairs particularly well with spicy foods, shellfish and salads. \$11
- ③ Michele Chiarlo Barbara d' Asti Le Orme Succulent red wine with underlying crisp acidity and soft tannins. Ripe plum and strawberry flavors. Nice choice for strong cheeses. \$15 ●



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### bake in a pheeling

### PHILLY Double-Chocolate Cheesecake

Makes 16 servings:

18 creme-filled chocolate sandwich cookies, crushed (about 11/2 cups)

2 Tbsp. butter or margarine, melted

4 pkg. (8 oz. each) PHILLY Cream Cheese, softened 1 cup granulated sugar

2 Tbsp. flour

1 tsp. vanilla

8 oz. semi-sweet chocolate, melted, cooled slightly

4 eggs

1/2 cup blueberries

1 Tbsp. powdered sugar

### How to make it:

HEAT oven to 325°F. MIX cookie crumbs and butter; press onto bottom of 9-inch springform pan. Bake 10 min. BEAT cream cheese, granulated sugar, flour and vanilla with mixer until well blended. Add melted chocolate; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust. BAKE 55 min. to 1 hour or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours. Top with berries just before serving; sprinkle with blueberries and powdered sugar.

Preparation time: 30 minutes





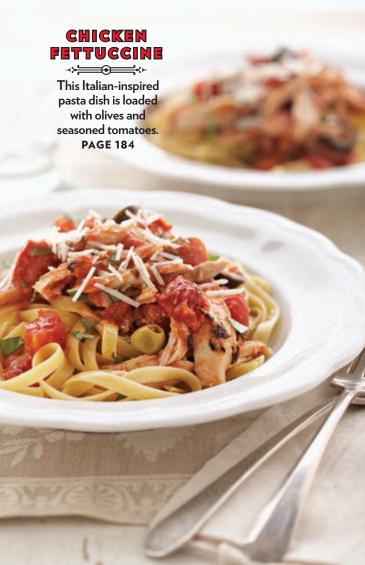
NEW REASONS TO LOVE AN OLD FAVORITE, COURTESY OF KITCHEN DYNAMO SANDRA LEE

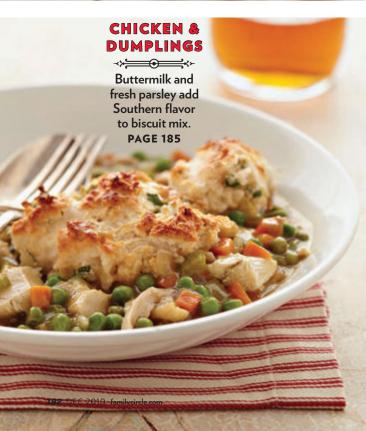
### CHICKEN CHEESY MAC

The crunchy top is made of bread crumbs, butter and Parmesan.
PAGE 184

### SANDRA SAYS

"These comforting recipes are quick and decadently delicious. Chicken Cheesy Mac was inspired by my grandmother."





### CHICKEN PESTO POT PIE

MAKES 6 servings
PREP 15 minutes
COOK 5½ minutes
BAKE at 425° for 15 minutes
LET STAND 10 minutes

- 2 tablespoons butter
- <sup>1</sup>/<sub>4</sub> cup jarred roasted red bell peppers, drained and chopped
- 1 tablespoon gravy flour (such as Wondra)
- teaspoon Montreal chicken seasoning
- bag (16 ounces) frozen mixed vegetables, thawed
- 1 can (10.75 ounces) condensed cream of celery soup
- 2 cups chopped rotisserie chicken
- 1 cup half-and-half or light cream
- ½ cup grated Parmesan cheese
- 1 packet (.5 ounce) pesto sauce mix
- 1 tube (11 ounces) refrigerated garlic breadstick dough
- ① Heat oven to 425°. Coat a 9-inch deep-dish pie plate with cooking spray; set side.
- ② In a large saucepan, melt butter over medium heat. Add the chopped

peppers, flour and chicken seasoning. Cook for 30 seconds, stirring constantly. Add vegetables and cream of celery soup. Bring to a boil; reduce heat. Cook and stir about 5 minutes or until thickened.

- ③ Remove from heat. Stir in chicken, half-and-half, Parmesan cheese and pesto mix. Pour the mixture into the pie plate and spread evenly.
- ④ Unroll and separate the breadstick dough, leaving the short ends connected. Starting in the middle of the dish, wind strips in concentric circles over chicken mixture (this will look like a flower).
- (5) Bake at 425° for 15 minutes or until the bread is golden and the sauce is bubbling. Remove from oven and let stand for 10 minutes before serving.

PER SERVING 439 calories; 21 g fat (9 g sat.); 19 g protein; 42 g carbohydrate; 3 g fiber; 1,456 mg sodium; 66 mg cholesterol





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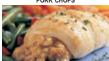
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TOP SIRI OINS





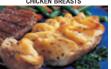
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### ■ ROTINI & VEGETABLES WITH GARLIC BUTTER SAUCE

### CHICKEN FETTUCCINE

MAKES 4 servings PREP 10 minutes COOK 11 minutes

- box (16 ounces) fettuccine pasta
- 1 tablespoon extravirgin olive oil
- tablespoon bottled garlic blend (such as Gourmet Garden)
- 2 cans (15 ounces each) fire-roasted tomatoes with garlic
- 2 cups shredded rotisserie chicken
- ½ cup sliced black olives
- $\frac{1}{2}$  cup sliced pimientostuffed green olives
- 1 teaspoon Italian seasoning
- 10 fresh basil leaves, cut into thin strips Grated Parmesan cheese
- ① In a large pot of salted boiling water, cook pasta according to package directions, 11 minutes.



Drain, reserving ¾ cup pasta water.

(2) While pasta cooks, heat oil in a large skillet. Add garlic; cook and stir for 1 minute. Add tomatoes, chicken, olives and Italian seasoning. Stir in ½ to ¾ cup pasta water for desired sauciness. Heat through. Stir in basil. Serve sauce over hot fettuccine and sprinkle each serving with Parmesan cheese.

**PER SERVING** 605 calories; 11 g fat (2 g sat.); 31 g protein; 96 g carbohydrate; 4 g fiber; 1,164 mg sodium; 50 mg cholesterol

If you're watching your sodium intake, opt for lower-salt versions of packaged foods.



### CHICKEN CHEESY MAC

MAKES 4 servings
PREP 20 minutes
COOK 7 minutes
MICROWAVE 2 minutes
BAKE at 375° for 25
minutes

- package (12.6 ounces) Kraft Homestyle Deluxe Old World Italian Macaroni & Cheese Dinner with Parmesan & Romano Cheese Sauce
- 4 ounces cream cheese, softened
- ½ cup milk
- ½ teaspoon garlic salt
- 1/4 teaspoon ground black pepper
- 2 cups frozen sliced carrots
- 1½ cups diced rotisserie chicken
- $\frac{1}{4}$  cup plain bread crumbs
- ½ cup grated Parmesan cheese
- 2 tablespoons butter, melted
- ① Heat oven to 375°. Remove bread crumb topping from Macaroni & Cheese Dinner; save for another use.

- ② In a large saucepan, bring 6 cups of water to a boil. Stir in macaroni and cook for 7 minutes, stirring occasionally. Drain.
- (3) In a medium microwavesafe bowl, combine contents of cheese sauce pouch, cream cheese, milk, garlic salt and pepper. Microwave for 1½ to 2 minutes or until sauce is smooth, stirring every 20 seconds.
- ④ In a large mixing bowl, combine macaroni, carrots and chicken. Fold in sauce; stir until well mixed. Transfer to a 2-quart casserole dish.
- (5) In a small bowl, stir together bread crumbs, Parmesan and melted butter; sprinkle over the top of casserole. Bake for 20 to 25 minutes or until golden and bubbling.

**PER SERVING** 572 calories; 27 g fat (13 g sat.); 27 g protein; 57 g carbohydrate; 3 g fiber; 1,181 mg sodium; 92 mg cholesterol



RIGATONI & VEGETABLES WITH TOMATO PARMESAN SAUCE



■ ROASTED RED POTATOES WITH GARLIC BUTTER SAUCE



Food Network star Sandra Lee's just-published cookbook, Comfort Food (Wiley), features 149 recipes that use pantry items in new and inventive ways. In stores and at amazon.com, \$20

### CHICKEN & DUMPLINGS

MAKES 6 servings PREP 15 minutes COOK 5 minutes

**BAKE** at 350° for 35 minutes

#### FILLING

- ¼ cup butter
- cup carrot and celery sticks, finely chopped
- ½ cup diced onions
- 2 teaspoons bottled garlic blend (such as Gourmet Garden)
- teaspoon poultry seasoning
- 2 jars (12 ounces each) chicken gravy Meat from one rotisserie chicken, cut up into pieces
- 2¼ cups frozen petite peas Salt and pepper to taste

#### **DUMPLINGS**

- 2 cups baking mix 2/3 cup buttermilk
- 2 teaspoons finely chopped fresh flat-leaf parsley
- ① Heat oven to 350°. Coat a 13 x 9-inch baking dish with nonstick cooking spray.



- (2) Filling. In saucepan, melt butter over medium heat. Add carrot and celery, onions, garlic and poultry seasoning. Cook until tender, 5 minutes. Add gravy. Bring to a boil. Stir in chicken and peas; season with salt and pepper. Pour into prepared baking dish.
- (3) Dumplings. In a bowl, blend baking mix, buttermilk and parsley until moist. Drop by spoonfuls over filling.
- (4) Bake for 25 minutes. Cover with foil and bake 10 minutes more or until dumplings are cooked.

PER SERVING 471 calories; 23 g fat (9 g sat.); 25 g protein; 41 g carbohydrate; 3 g fiber; 1,438 mg sodium; 93 mg cholesterol ●



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MAKES 12 servings PREP 15 minutes BAKE at 375° for 15 minutes

#### CAKE

- ½ cup all-purpose flour
- 1/8 teaspoon ground nutmeg Pinch of salt
- 6 egg whites
- 1/4 teaspoon cream of tartar
- $\frac{1}{4}$  cup plus  $\frac{1}{3}$  cup granulated sugar
- 4 egg yolks
- ½ teaspoon almond extract Confectioners' sugar

### FILLING AND FROSTING

- 1 cup milk
- 1 cup heavy cream
- box (1 ounce) sugar-free white chocolate-flavored instant pudding mix
   Cocoa powder, for dusting (optional)

- ① Heat oven to 375°. Coat a 15 x 10 x 1-inch baking pan with nonstick spray. Line with waxed paper. Coat paper.
- 2 Cake. Sift flour, nutmeg and salt.
- (3) Beat egg whites and cream of tartar in large bowl until frothy. Gradually beat in ½ cup granulated sugar; beat until stiff peaks form. Set aside.
- With mixer on high, beat yolks in second bowl with ⅓ cup sugar until thick and lemon-colored, 5 minutes. Beat in extract. Fold flour mixture into yolks. Fold yolk mixture into whites. Spread evenly into pan.
- (5) Bake at 375° for 14 to 15 minutes, until center springs back when gently pressed. Sift confectioners' sugar over kitchen towel. Invert cake onto towel; remove pan and paper. Starting from long side, roll

- cake up inside towel. Cool, seamside down, on wire rack.
- (6) Prepare Filling and Frosting. Combine milk, heavy cream and instant pudding mix. Beat on high speed for 2 minutes, until thickened.
- ⑦ Unroll cake. Spread with half of the frosting. Reroll cake without towel. Cut ends off cake, using parallel diagonal cuts. Reserve ends to use as "knots." Place cake, seamside down, on serving plate. Place "knot" on each side of log. Spread remaining frosting over log and "knots," leaving all ends exposed. Dust with a little cocoa powder, so log resembles a birch tree, if desired.

PER SERVING 179 calories; 11 g fat (5 g sat.); 4 g protein; 16 g carbohydrate; 0 g fiber; 133 mg sodium; 95 mg cholesterol











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### CAKE

- 2 cups all-purpose flour
- $\frac{1}{2}$  cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- $1\frac{1}{2}$  sticks unsalted butter, softened
- 1½ cups packed light-brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup low-fat buttermilk

#### FROSTING

- box (16 ounces) confectioners' sugar
- 1/4 cup boiling water
- 1½ sticks unsalted butter, cut up
- 4 ounces reduced-fat cream cheese, cut into pieces
- 1/4 teaspoon coconut extract
- 3 cups sweetened flake coconut Raspberries and mint to garnish (optional)
- ① Heat oven to 350°. Coat two 9-inch round cake pans with nonstick spray.
- ② Cake. In bowl, whisk flour, cocoa, baking soda and salt. In large bowl, beat butter until smooth. Add brown sugar; beat until blended. Beat in eggs, one at a time, and vanilla. On low, alternately beat in flour mixture and buttermilk, beginning and ending with

flour. Spread into prepared pans.

- (3) Bake at 350° for 30 minutes or until toothpick inserted in centers comes out clean. Cool in pans on wire rack for 10 minutes. Invert cakes directly onto racks; cool completely.
- (4) While cakes cool, make Frosting. Place confectioners' sugar in a large bowl. Beat in boiling water. Add butter and cream cheese, beating well on medium-high speed after adding each piece. Beat in extract. Refrigerate until firmer consistency, 30 minutes to 1 hour.
- (§) Place one cake layer on pedestal. Spread top with 1 cup frosting and ½ cup coconut. Add second layer. Spread frosting on top and side of cake. Press remaining 2½ cups coconut into frosting. Garnish with raspberries and mint, if desired.

**PER SERVING** 499 calories; 24 g fat (16 g sat.); 5 g protein; 70 g carbohydrate; 3 g fiber; 257 mg sodium; 77 mg cholesterol

Text FC CAKE to 76477
(S-N-I-P-P) to have this month's cover recipe and shopping list sent to your phone and e-mail.
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promotion

# Recipe Exchange something delicious from our sponsors' kitchens

### **WARM ASPARAGUS SALAD WITH ORANGES**

Makes 4 servings | Prep Time: 5 min | Cook Time: 4 min

### **INGREDIENTS**

- 2 tbsp. Mrs. Dash® Tomato Basil Garlic Seasoning Blend
- 2 tbsp. olive oil
- 1 lb. fresh asparagus, peeled, cut into 2 inch pieces
- 1 fresh orange, peeled and sectioned

#### **DIRECTIONS**

- 1. Heat a 9 inch sauté pan to medium heat. Add olive oil.
- 2. When hot, add and toss asparagus. Cook 1 minute, tossing every 30 seconds.
- Remove from heat, and toss with Mrs. Dash® Tomato Basil Garlic and orange sections.





www.mrsdash.com

### CREAMY POTATO LEEK SOUP WITH TANGY TARRAGON DRIZZLE

By United States Potato Board 2010 Recipe Contest Winner Laurie Lufkin of Essex, MA

### INGREDIENTS

- 2 tbsp. butter
- 2 tbsp. olive oil
- 5 cups leeks, cleaned and thinly sliced (white and light green parts only)
- ½ cup chopped shallots
- ½ cup diced onion
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 5 cups reduced sodium chicken broth
- 3 medium (5.3 ounce) russet potatoes, peeled and cut into ½-inch cubes
- 2 bay leaves
- 1 slice whole wheat bread, lightly toasted and torn into small pieces
- 1 cup low-fat evaporated milk



#### DIRECTIONS

- In a large Dutch oven or heavy pot, melt butter and olive oil together over medium heat. Add leeks, shallots and onions and stir to combine. Season with salt and pepper. Cook until vegetables are softened, stirring frequently, about 10-15 minutes.
- 2. Increase heat to high and add chicken broth, cubed potatoes and bay leaves. Bring to a boil, reduce heat and simmer until potatoes are tender, about 12-15 minutes. Remove half the potatoes and set aside. Add bread and cook until it begins to dissolve, about 5 more minutes. Remove bay leaves. Puree soup until smooth using a blender or food processor. Stir in reserved potatoes and evaporated milk.
- 3. Tangy Tarragon Drizzle: Mix ¼ cup reduced fat or fat-free mayo, 6 tbsp. buttermilk, 2 tsp. chopped fresh tarragon, 2 tsp. Dijon mustard and salt and pepper to taste in a bowl. Drizzle on soup and garnish with tarragon leaves.

For more award winning recipes, go to **www.potatogoodness.com** 

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### **CUPCAKES**

- cup all-purpose flour 1
- cup unsweetened cocoa powder
- teaspoon baking soda
- teaspoon salt
- tablespoons unsalted butter, softened
- $\frac{1}{2}$ cup granulated sugar
- large eggs
- teaspoon vanilla extract
- cup milk

### TOPPING

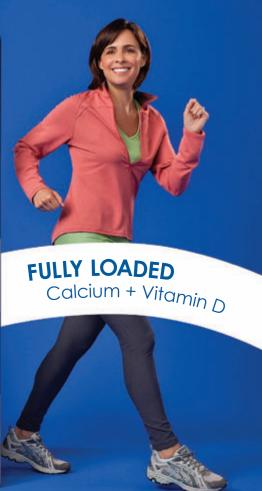
- cups confectioners' sugar
- cup solid vegetable shortening
- tablespoons plus 2 teaspoons milk or water
- 11/4 cups mini marshmallows
- 3 candy canes
- 1 Heat oven to 350°. Line indents of a standard-size 12-cup muffin pan with cupcake liners.
- (2) Cupcakes. In medium-size bowl, combine flour, cocoa powder, baking soda and salt.
- ③ In large bowl, with mixer on medium-high speed, beat butter

- and sugar until smooth and creamy, 2 minutes. Beat in eggs and vanilla until fluffy, 1 minute. On low speed, beat in flour mixture alternately with milk, beginning and ending with flour mixture. Fill each cupcake liner two-thirds full (about 3 tablespoons of batter per liner).
- (4) Bake at 350° for 25 minutes or until toothpick inserted in centers comes out clean. Remove cupcakes from pan to wire rack; let cool.
- (5) **Topping.** In medium-size bowl, with mixer on low speed, beat confectioners' sugar, shortening and milk or water until smooth. Spread over cupcakes, about 2 tablespoons for each. Top each cupcake with 8 or 9 mini marshmallows. With a serrated knife, cut wrapped candy canes into 2-inch pieces. Unwrap and tuck a piece into each cupcake.

PER CUPCAKE 291 calories; 11 g fat (5 g sat.); 3 g protein; 46 g carbohydrate; 1 g fiber; 124 mg sodium; 52 mg cholesterol







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### CAKES

- 2 squares (1 ounce each) semisweet chocolate, chopped
- $\frac{2}{3}$  cup all-purpose flour
- ½ teaspoon baking powder Pinch of salt
- 3 tablespoons unsalted butter, softened
- 1/4 cup sugar
- 1 large egg
- 2 tablespoons milk

#### FILLING

- 3 tablespoons heavy cream
- 2 tablespoons creamy peanut butter
- 1 teaspoon sugar

### TOPPING

- 1/4 cup heavy cream
- 2 squares (1 ounce each) semisweet chocolate, chopped
- 2 tablespoons peanuts, finely chopped
- ① Heat oven to 350°. Coat a 15-indent mini cake pan (see **Note**) or 15 indents in two mini muffin pans with



nonstick cooking spray.

- ② Cakes. Microwave chocolate in glass bowl for 30 seconds. Stir. Microwave another 30 seconds. Stir until smooth. Set aside.
- (3) In small bowl, whisk flour, baking powder and salt. In medium bowl, beat butter until smooth. Beat in sugar until blended, then beat in egg. Beat in slightly cooled melted chocolate. On low speed, beat in flour mixture and then milk. Transfer batter to a resealable plastic bag. Snip off corner and pipe batter into prepared pan(s). Bake at 350° for 14 to 15 minutes.
- ② Remove cakes from pan(s) directly to rack to cool. Trim rounded tops level; return to pan. Make Filling. Beat heavy cream, peanut butter and sugar in

a small bowl until smooth. Transfer to a disposable plastic pastry bag. Snip off point about ½ inch from tip. Poke a hole in cakes with a chopstick. Insert pastry bag into holes and gently squeeze to fill.

(5) Invert cakes onto a serving platter. Prepare Topping. Heat cream in microwave for 30 seconds or until just bubbly. Pour over chocolate in small bowl and let stand 5 minutes. Stir until smooth. Spoon about 2 teaspoons chocolate mixture over each cake, allowing topping to drip over sides. Sprinkle with chopped nuts. Refrigerate until serving.

PER MINI CAKE 141 calories; 9 g fat (5 g sat.); 2 g protein; 13 g carbohydrate; 1 g fiber; 32 mg sodium; 30 mg cholesterol

NOTE: For info on where to buy our Mini Cake Pan (for Chocolate Peanut Butter Bites) and Cakelet Pan (for Gingerbread Cakes), check out the Buyer's Guide, page 198.



### **GINGERBREAD CAKES**

MAKES 6 mini cakes
PREP 20 minutes
BAKE at 350° for 25 minutes

#### CAKE

- 1/4 cup molasses
- ½ cup boiling water
- ¾ teaspoon baking soda
- $1\frac{1}{2}$  cups all-purpose flour
- teaspoon baking powder
- 1 teaspoon ground ginger
- teaspoon cinnamonteaspoon ground cloves
- ½ teaspoon salt
- 6 tablespoons (¾ stick) unsalted butter, softened
- <sup>2</sup>/<sub>3</sub> cup sugar
- 2 eggs

#### ICING

2 cups confectioners' sugar

- (1) Heat oven to 350°. Coat indents of a cakelet pan (see **Note**) or a jumbo muffin pan with nonstick cooking spray.
- ② Cake. Blend molasses, water and baking soda in small bowl; this will bubble. Mix flour, baking powder, ginger, cinnamon, cloves and salt in another bowl.
- (3) Beat butter and sugar in large bowl, 2 minutes. Beat in eggs. Stir in flour mixture and molasses mixture, beginning and ending with flour. Pour into prepared pan.
- ④ Bake at 350° for 25 minutes. Cool in pan on wire rack 10 minutes. Invert cakes from pan to rack.
- (5) Trim cakes level. Make Icing. Blend confectioners' sugar and 3 tablespoons water. Pipe outlines of bows; fill in with icing.

PER CAKE 521 calories; 13 g fat (8 g sat.); 5 g protein; 96 g carbohydrate; 1 g fiber; 354 mg sodium; 101 mg cholesterol



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### PEPPERMINT ICE CREAM CAKE

MAKES 16 servings
PREP 15 minutes
FREEZE 4 hours and overnight
MICROWAVE 2 minutes
LET STAND 5 minutes

- frozen pound cake (16 ounces), thawed (such as Sara Lee)
- 34 cup starlight mints, plus a few more to garnish (optional)

- 12 mint chocolate cookies (such as Keebler Grasshopper cookies), plus more to garnish (optional)
- 1½ quarts (6 cups) vanilla ice cream (such as Breyers)
- 1 teaspoon mint extract
- 1 cup heavy cream
- 8 squares (1 ounce each) semisweet chocolate, chopped
- ① Line a 9 x 9 x 2-inch baking pan with nonstick foil. Trim browned edges from pound cake. Balance cake on one long side, and slice loaf lengthwise into 4 equal pieces (each about 9 x 3½ x ½ inch).
- (2) Unwrap mints and place in food processor. Pulse to crush. Transfer crushed candies to a large bowl, chopping pieces that seem too large. Place cookies in food processor and pulse to make into coarse crumbs.
- (3) Place 2 cake slices in bottom of foil-lined pan, trimming length if needed. Add ice cream to mints in bowl. Working quickly, blend ice cream, crushed mints and mint extract until smooth. Spread half of the ice cream into pan. spreading all the way to pan edges and completely covering cake. Top with remaining 2 cake slices, and then remaining ice cream, spreading smooth. Sprinkle crushed cookies over ice cream, and gently press to adhere. Cover with a sheet of foil and freeze for 2 hours.
- (4) Remove cake from freezer and use foil to lift from pan to a cutting board. Working quickly, slice cake in half. Use a spatula to stack one half on top of second half. Use foil to transfer back to pan. Re-cover with foil and freeze overnight.
- (5) Microwave heavy cream for 1 to 2 minutes or until it

- just begins to bubble. Pour over chopped chocolate in small bowl. Let stand 5 minutes. Whisk until smooth.
- (6) Remove cake from freezer. Remove foil and invert cake onto a small cookie sheet lined with nonstick foil. Trim off any bumpy sides with a sharp knife. Pour chocolate mixture over cake in batches, using a large spatula to spread down the sides. Top with extra chopped cookies and candies, if desired. Return to freezer until serving (at least 2 hours). Transfer to serving platter before slicing.

PER SERVING 391 calories; 23 g fat (13 g sat.); 4 g protein; 44 g carbohydrate; 2 g fiber; 166 mg sodium; 74 mg cholesterol ●

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See more divine, Decemberworthy treats at familycircle .com/holidaydesserts

### Did You Purchase or Lease a New Car or Truck Manufactured by Any of the Following Automakers During 2001 to 2006?

Two settlements resolve claims against Toyota Motor Sales, U.S.A., Inc. ("Toyota") and the Canadian Automobile Dealers' Association ("CADA") in several lawsuits across the country. The lawsuits are about an alleged conspiracy among several automakers to keep Canadian new car exports out of the U.S. Toyota

Acura Chevrolet
Audi Chrysler
BMW Dodge
Buick Ford
Cadillac GMC

rolet Honda rsler Hummer dge Infiniti rd Jaguar IIC Jeep Land Rover Lexus Lincoln Mazda Mercedes Mercury Mini Nissan Oldsmobile Plymouth

Pontiac Saab Saturn Toyota Volkswagen Volvo 1. You purchased or leased your new vehicle during the period <u>January 1, 2001 to April 30, 2003</u>;

2. At the time of your purchase or lease, you resided in one of the following "Eligible States": AZ, AR, CA, ID, KS, ME, MA, MI, MN, MS, NE, NV, NH, NM, ND, SD, TN, VT, WV or WI:

If So, Two Class Action Settlements May Affect Your Legal Rights and You May Be Eligible to Receive a Payment

and CADA assert that they have acted lawfully and independently and that there is no legal or factual basis for these lawsuits. This is just a <a href="mailto:summary"><u>summary</u></a>—for more info, visit <a href="mailto:www.CanadianExportAntitrust.com">www.CanadianExportAntitrust.com</a>.

Who Is a Class Member? You are a Class Member if you reside in the U.S. and purchased or leased a new vehicle manufactured by one of the automakers listed above from a dealer in the U.S. during the period from January 1, 2001 to December 31, 2006.

What Are the Lawsuits About? The lawsuits claim that several automakers (Chrysler, Ford, GM, Honda, Nissan and Toyota) and a dealer association (CADA)

conspired with each other to prevent cheaper, but virtually identical, new cars from being exported to the U.S. from Canada. The lawsuits allege that this violated state antitrust and consumer protection laws and caused new vehicle prices in the U.S. to be higher than they should have been. After considering the extensive

evidence of the case after seven years of litigation, the federal Court has ruled in favor of the non-settling defendants and dismissed them from the federal lawsuit. Related lawsuits in state courts in AZ, CA, FL, MN, NM, TN and WI, however, continue against several of the same automakers. See the website for details. If you are a California resident, you should follow the link on the website concerning the pending California class action lawsuit to see how that case may affect you.

What Do the Settlements Provide? Toyota has agreed to pay \$35 million, and CADA has agreed to pay \$700,000, to settle the lawsuits. Toyota and CADA have agreed not to conspire or share information with others aimed at stopping Canada-to-U.S. new vehicle exports. It is proposed that \$500,000 to \$1,000,000 of the settlement funds be donated to a nonprofit or government agency engaged in educating or advocating for car buyers.

Will You Receive Any Payment from the Settlements? That depends. You are eligible to file a claim for a payment if you are a Class Member and *all* of the following apply to you:

and

3. You purchased or leased from a dealer located in one of the Eligible States.

**How Do You Ask for Payment?** You must submit a claim, which you should do online. A detailed Notice, available at the website, contains all the information you need to submit a claim.

What Are Your Options? You have a choice whether or not to be part of the proposed settlements.

1. If you want to be part of the proposed settlements and you are not eligible for a payment, you don't need to do anything.

FOR MORE DETAILED INFORMATION VISIT www.CanadianExportAntitrust.com

- 2. To get a payment, you must be eligible and file a claim. You should file your claim online at the website. Your claim must be submitted by February 1, 2011.
- If you do not want to be part of the settlements you must exclude yourself, in writing, by January 28, 2011.
- 4. If you do not exclude yourself, you may object to either settlement, in writing, by January 28, 2011.

### The detailed Notice explains how to exclude yourself or object.

The U.S. District Court for the District of Maine will hold a hearing on February 18, 2011 at 10:00 a.m. to decide whether to approve the settlements. Attorneys for the Class have not been reimbursed for nearly \$10 million in out-of-pocket costs, including expert witness fees, and have not been paid any attorneys' fees for litigating the case for over seven years and negotiating the settlements. The Court will consider whether to approve payment of attorneys' fees and costs, combined, not to exceed 30% of the settlement funds plus interest to the attorneys for the Class. You may object to the request for attorneys' fees and costs, in writing, by January 28, 2011.

If you do not have any Internet access, please call 1-866-266-9034 for more info and to learn how to submit a claim by mail.

# HOLIDAY

# Gift Guide

It's time to ring in the holiday shopping season! But with so many good boys and girls on your list, finding just the right thing for everyone can be a real challenge. Not to fear - Family Circle has some festive gift ideas, including everything from clothing and personal care to entertainment.

Have yourself a merry little shopping spree!



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### **BUYER'S GUIDE**

### home

Most items pictured but not listed are from private collections. **HOMEMADE FOR THE HOLIDAYS** 

Pages 34-42: General craft supplies available at crafts stores like Michaels. Freezer paper available at supermarkets. Felt resources: Wool-blend felt, Felt-o-rama, feltorama.com. Holland wool felt and premium wool felt, A Child's Dream Come True, achildsdream.com. Wool felt, Wool Felt Central, woolfeltcentral.com.

Page 36: Styrofoam cones, small ornaments, Michaels, michaels.com for info.

Page 38: Divine Twine, Whisker Graphics, whiskergraphics. com, \$15/spool.

Page 42: Styrofoam wreath form, Michaels, michaels.com.

### **CRAFT INSTRUCTIONS**

Page 34, Stockings: Snowflake design:

Cut freezer paper to 5"x 7" sheets and flatten under a stack of books. Print out snowflake templates onto freezer paper sheets. We used designs from clipart.com and 414 Geometric Designs and Motifs (Dover Electronic Clip Art). Attach freezer paper to felt, as on page 36. Cut out snowflakes using sharp scissors, peel off paper. Arrange on the stocking and adhere with quick-setting gel glue. Striped design: Cut felt into various size strips, trimming some with pinking. To create pattern, glue strips onto felt as shown. Decorate with snowflakes following snowflake instructions (above). Trace stocking's heel and toe shapes onto felt, cut out and glue onto stocking. Circles design: Attach freezer paper to felt, as on page 36. Trace stocking circles onto felt and cut out, using pinking shears on some circles. Peel off freezer paper and glue circles onto stocking with quick-setting gel glue. Following instructions for printing on freezer paper (above), trace starburst template onto freezer-paper-backed felt. Cut out shapes and glue onto circles.

Page 35, Ornaments: 3-D design: To create spine, roll a thin piece of cardstock (like a magazine subscription card) into a tight cylinder the same length as your ornament and glue edges together. Cover with a layer of felt and glue in place. Attach freezer paper to felt, as on page 36. Trace 3-D ornament template onto felt and cut out twelve shapes, six of each color. Peel off paper. Add quick-setting gel glue to the straight edge of each ornament piece and attach to the felt-covered cylinder, alternating colors, until completely covered. Once dry, thread a loop of ornament string through a bead and glue it inside the cylinder.

Teardrop: Cut felt into ½" wide strips of the following lengths: 8½", 6", 5". Cut with pinking shears if desired. Form the 5" long strip into a circle, slightly overlapping the ends, and glue to secure. Loop the 6" long strip around the 5" piece and glue to secure. Wrap the 8½" strip of felt around the smaller two loops, add a length of embroidery thread between the large loop's ends and glue together to secure. Leave a length of thread at the top to hang ornaments.

Snowflake: Attach freezer paper to felt, as on page 36. Trace ornament circle template onto felt and cut out shapes. Select a circle to use for snowflake design, fold it in half, and cut designs along the fold and around the edges like you were cutting paper snowflakes. Unfold and fold in the opposite direction, making cuts along the fold. Fold again on the diagonal, make cuts and repeat for the opposite diagonal. Glue the snowflake cutout onto another felt circle, then glue a loop of bakers' twine behind it to hang. Glue a last circle of felt over the twine and trim around the circle with pinking shears. Tree: Attach freezer paper to felt, as on page 36. Trace ornament circle template onto felt and cut out shapes. Glue a loop of bakers' twine behind a circle to hang. Glue another circle over the twine and trim around with pinking shears. Attach freezer paper to felt. Trace tree template onto felt and cut out shapes. Peel off paper. Glue tree shape onto ornament. Page 40, Poinsettia: Attach freezer paper to felt, as on page 36. Trace poinsettia template onto the paper and cut out shapes. Peel off the paper. Add a dab of fabric glue to the corners at the bottom of the petal (the bottom has a straight

edge) and pinch corners together, holding in place with a clothespin for a few minutes. Repeat for each petal. When dry, apply fabric glue to the back of the petal, glue onto the flower base in between the points. Repeat four more times for each petal. Use a hole punch to make five small dots and glue them in the center of the flower, over the seam of each folded petal. Once dry, adhere to wall with removable double-side tape. Page 42, Pinecones: Select two complementary felt colors. Print pinecone template on freezer paper. Attach freezer paper to both felt colors, as on page 36. Cut out pinecone "petal" shapes. Peel off freezer paper. Make a hole in the center of each petal with sharp scissors. Make petals sets, using one of each color for every size. Slide petal sets over a wooden kitchen dowel in the following order: A, B, B, C, C, B, B, A, D, D. Alternate the position of each petal so that they resemble a pinecone. Between every petal set, place a very small square of felt as a separator. Cut the excess dowel with scissors. Glue the E petals into a cluster and glue to the top of the pinecone. To make a stem, cut a small circle of felt with pinking shears and make a hole in the center. Insert a thin strip of twisted felt through the hole and glue the circle and stem to the bottom of the pinecone petals.

#### **FESTIVAL OF BRIGHTS**

Pages 44-45: Assorted metallic ribbons, Michaels, michaels.com for info. Assorted solid jewel-tone ribbons, Midori, midoriribbon.com for info.

Page 46: Glitter picks, Michaels, michaels.com for info.
Page 48: Manoir 4-light chandelier, Canopy Designs Ltd., shadesoflight.com. Assorted garland, Midwest-CBK, mwcbk.com for info.

### style

### STYLE NEWS

Page 115: Jet Set: Lace top, Only Hearts by Helena Stuart, 212-431-3694, \$138. Multi-strand necklace (\$125), teardrop necklace (\$75), coil bracelet (\$38), Carolee, carolee .com. Tassle necklace, Coldwater Creek, codwatercreek .com, \$70. Cuff, ABS by Allen Schwartz, 212-689-4409, \$125. Page 116: Crystal Clear: J. Crew, jcrew.com, \$45. Carolee Lux, carolee.com, \$85. Roberta Chiarella, robertachiarella .com, \$88. Well Red: Chanel Rouge Coco Lip Colour in Paris, chanel.com, \$30. Avon Pro Color & Gloss Lip Duo, avon.com, \$10. Liptini Lip Liqueur Lip and Cheek Stain in Maraschino, liptini.com, \$18. Maybelline New York Shine Sensational Lip Gloss in Cherry Kiss, drugstores, \$6. Sonia Kashuk Velvety Matte Lip Cray in Rosey Nude, Target stores and target.com, \$8.

### HOLIDAY 'DO LIST

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Page 119: Top Knot: Pantene, drugstores, \$4. Earrings, American Living for JCPenney, JCPenney stores. Dress, Sherri Hill, sherrihill.com for store locations. Page 120: Let Loose: Gamier Fructis, drugstores, \$4. Dress, Plenty by Trace Reese, 570-344-5099. Page 121: Make Waves: Aussie, drugstores, \$3. Earrings,

Page 122: Curly Cues: John Frieda, drugstores, \$6.50. Sebastian Professional, sebastianprofessional.com, \$17. Earrings, ABS by Allen Schwartz, 212-689-4409. Dress, Maggy London, Nordstrom stores.

Roberta Chiarella, robertachiarella.com. Top, Loft,

Page 124: Do the Pony: Aveeno, drugstore.com, \$7. Earrings, American Living for JCPenney, JCPenney stores. Top, Callula Lillibelle, 919-571-6203.

### SOME ENCHANTED EVENING

Page 129: Jacket (\$148), pants (\$70), belt (\$35), The Limited, The Limited stores and thelimited.com. Camisole, Cosabella, 305-534-4731, \$75. Hat, San Diego Hat Co., sandiegohat.com, \$60. Necklace, Curations with Stefani Greenfield, hsn.com, \$70. Cuff, Sequin, 212-398-7363.

Page 130: Top, Allen B. by Allen Schwartz for JCPenney, JCPenney stores and jpc.com, \$31. Skirt, Worthington by

JCPenney, JCPenney stores and JCP.com, \$44. Boots, Marc Fisher, Macy's stores and macys.com, \$109. Bangles (from top), Ted Rossi, tedrossi.com, \$70, \$175, \$75. Clutch, Kenneth Cole New York, kennethcole.com for locations, \$198. (On him) Jacket, jeans and boots, Guess, Guess stores and guess.com. Shirt, Sisley, 800-535-4491. Tie, Thomas Pink, 212,828,1028

Page 131: Jacket, ABS by Allen Schwartz, 310-393-8770,

\$170. Top, Shoshana, 202-338-5398, \$215. Pants, H&M, hm.com for store locations, \$25. Clutch, Accessorize, accessorize.com, \$58. Necklace, Lisa Freede Jewelry, lisafreede.com, \$160. (On him) Leather Shirt and pants, H&M, hm.com for store locations. Belt, Banana Republic, bananarepublic.com.

Page 132: Jacket, H&M, hm.com for store locations, \$129. Top, Esprit Collection, Esprit stores, \$69.50. Jeans, Esprit EDC, Esprit stores, \$99.50. Heels, Fergie Footwear, fergieshoes.com, \$130. Bead necklace, Chico's, Chico's stores and chicos.com, \$58. Multi-chain necklace, One Of A Kind, shoponeofakindjewelry.com, \$165.

(On him) Jacket, Kenneth Cole New York, Macy's stores. Shirt, J. Crew, jcrew.com. Pants, Authentics Signature by Levi Strauss & Co. Cap, Banana Republic, bananarepublic .com. Tie, Brooks Brothers, brooksbrothers.com. Scarf, Thomas Pink, 212-838-1928. Boots, Geox, shopgeox.com. Page 133: Trench, Nautica, nautica.com or 877-nautica, \$160. Dress, Dots, dots.com/familycircle for store locations, \$24. Heels, H&M, hm.com for store locations, \$50. Sparkle tights, Spanx, spanx.com, \$28. Earrings, Dots, dots.com/familycircle for store locations, \$6. Clutch, Kate Spade New York, katespade.com, \$75. Ring, Sorrelli, sorrelli.com, \$55. (On him) Blazer, shirt, pants and belt, J. Crew, jcrew.com. Glasses, Giorgio Armani, 212-343-9490. Tie, Brooks Brothers, brooksbrothers.com. Shoes, Geox, shopgeox.com.

### holiday hardware



### NORDIC WARE GIFT CAKELET PAN → page 187

Made of nonstick aluminum, this pan is dishwasher-safe and comes with a lifetime warranty, as well as a piping kit with disposable decorating bags, a tip and a coupler for making bows. Item number gcp-fc, \$34. To order call 800-678-5752 or go to fccatalog.com



### MINI CAKES SILICONE BAKEWARE → page 194

This flexible pan is dishwasher-safe and will unmold easily. It can be used in temperatures ranging from -58°F (freezing) to 482°F (baking). Includes three disposable decorating bags. Item panmini-fc, \$18.95. To order call 800-678-5752 or go to fccatalog.com



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## my family life

→ BY PATTY A . MARTINEZ



### Jessica Seinfeld

Cookbook author—and wife of comedian Jerry Seinfeld—Jessica, 39, serves her family a heaping portion of old-fashioned values mixed with fun and games. And her daughter, Sascha, 10, and sons, Julian, 7, and Shepherd, 5, eat it up.

You're a terrific cook (and you've recently published a new collection of recipes, Double Delicious). Does Jerry help out in the kitchen? Nah, he's not even a grill guy. But he distracts and entertains the kids while I'm cooking. He chases them around or plays catch—sometimes indoors,

which makes me a little nervous! But it keeps them from constantly asking, "When's dinner?" So that makes him quite helpful.

What's your best cooking tip for busy moms? Most people don't have hours to stand over the stove or chop a bunch of ingredients, so planning ahead is key. I might prepare a baked ziti while the kids are in school, or maybe I'll make it the night before. Instead of being stuck in the kitchen when they get home, I can pop dinner in the oven and spend that time with my kids.

Who lays down the law: you or Jerry? I do. But for some reason if I say, "I'm telling Daddy what you did," or "Daddy won't be happy about this when he comes home," the kids are terrified. It's funny because he's the least frightening person on the planet.

Does that mean he's a wacky dad? He always makes up silly games for the kids to play, but he's also a very present and attentive father. And I love that he's so old-fashioned. We both grew up calling our friends' parents Mr. and Mrs. Suchand-Such, so we're always a little startled when a 7-year-old calls us by our first names!

You and Jerry have been married for 12 years. What is one of the first things you noticed about him? Well, I was immediately attracted to his mind, but I remain in awe of his humor, work ethic and moral code. He is so good to the people around him—one of the most loyal friends you could ever meet.



### best advice from her mom

"She taught me not to solve all my children's problems. It's crucial to give them a chance to figure things out on their own."

### disciplinary secret

"I've found screaming to be ineffective when a kid does something wrong. Instead we try to speak quietly or take him into a separate room to avoid embarrassing him in front of his siblings."

### checks & balances

"I feel proud when one of my kids says to another, 'You have to come back to the table and clear your plate.' They know the rules and won't let one another break them."

### charity case

Jessica founded
the New York-based
organization Baby
Buggy, which donates
clothes and baby
products to families
that are struggling.

### my motto

"Do more than is required—in every aspect of life."

### FamilyCircle.com

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"My kids are more interested in eating unusual foods when they've had a hand in preparing them. It's just a matter of finding together time to do it!"

### Apparently awards also come in bulk.





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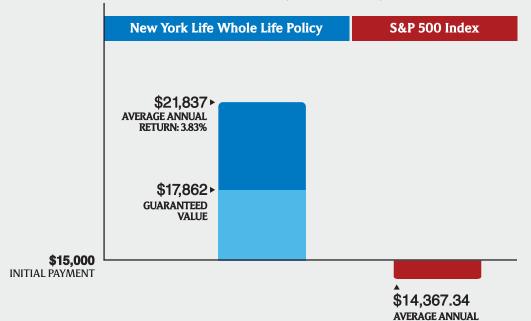
- "Highest in Customer Satisfaction with Refrigerators, Six Years in a Row"
- "Highest in Customer Satisfaction with Clothes Dryers, Three years in a Row"
- "Highest in Customer Satisfaction with Clothes Washers, Two Years in a Row"



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